

Tastes Better *from* SCRATCH

Monday: Crispy Bean and Cheese Burritos \$3.76	<u>Produce</u> Lemon (1) Lime (1) Zucchini (2 small) Yellow squash (2 small) Fresh parsley (1/4 cups chopped) Red onion (1) Red bell pepper (1) Green bell pepper (1) Garlic (8 cloves) Cilantro (1 cup chopped) Fresh ginger (1 Tbs.) Green onions (1 bunch) Cucumber (1- for serving with Korean bowls)	<u>Bread/Grains</u> Flour tortillas (6) Farfalle pasta or your favorite bite size pasta (1 ½ lbs.) White rice (1 ½ cups)	<u>Spices</u> Chili powder, Garlic Powder Cumin, Paprika Cayenne pepper Dried parsley Dried dill, Onion powder Dried basil, Italian seasoning Salt and pepper
Tuesday: Slow Cooker Creamy Ranch Pork Chops \$10.44		<u>Canned Goods</u> Refried beans (16 oz. can or homemade) Cream of mushroom soup (1-10.5 oz. can or homemade) Cream of chicken soup (1-10.5 oz. can or homemade) Corn (1 cup fresh or frozen) Chicken broth (5 cups or bouillon cubes) Black beans (1-14.5 oz. can) Chipotle peppers in adobo sauce (1 tsp. sauce)	<u>Dairy</u> Mexican cheese blend or cheddar cheese (1/2 cup shredded) Shredded parmesan (1 ¼ cups) Milk (1 cup) Butter (2 Tbs.) Sour cream or Greek yogurt (3/4 cup)
Wednesday: Lemon Parmesan Chicken Pasta \$13.91		<u>Pantry Staples</u> Salsa (1 Tbs. + more for dipping or your favorite type) Olive oil (5 Tbs.) Lime juice (2 Tbs) Hone (1 Tbs.) White vinegar (1 ½ tsp) Sesame oil (1 Tbs.) Brown sugar (2/3 cup) Soy sauce (1 cup)	
Thursday: Honey-Lime Chipotle Chicken Fajita Bowls \$13.20	<u>Meat</u> Pork Chops (4-5 bone in or boneless) Chicken breasts (5) Ground beef (1 lb)		
Friday: Korean Ground Beef Bowls \$9.76			
Weekly Total: \$51.07			

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