

Tastes Better *from* SCRATCH

Monday:

[Crispy Bean and Cheese Burritos](#)

Consider serving with
[Authentic Mexican Rice](#)

Tuesday:

[Slow Cooker Creamy Ranch Pork Chops](#)

Consider serving with
[mashed potatoes](#)

Wednesday:

[Lemon Parmesan Chicken Pasta](#)

Thursday:

[Honey-Lime Chipotle Chicken Fajita Bowls](#)

Friday:

[Korean Ground Beef Bowls](#)

Produce

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)

Canned Goods

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)

Bread/Grains

Flour tortillas (6)
Farfalle pasta or your favorite bite size pasta (1 ½ lbs.)
White rice (1 ½ cups)

Pantry Staples

Salsa (1 Tbs. + more for dipping or your favorite type)
Olive oil (5 Tbs.)
Lime juice (2 Tbs.)
Honey (1 Tbs.)
White vinegar (1 ½ tsp)
Sesame oil (1 Tbs.)
Brown sugar (2/3 cup)
Soy sauce (1 cup)

Other

[Liquid smoke](#) (found by spices)
Siracha, or crushed red pepper (2 tsp.)
Brown rice for serving with Korean bowls

Meat

Pork Chops (4-5 bone in or boneless)
Chicken breasts (5)
Ground beef (1 lb)

Spices

Chili powder, Garlic Powder
Cumin, Paprika
Cayenne pepper
Dried parsley
Dried dill, Onion powder
Dried basil, Italian seasoning
Salt and pepper

Dairy

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)