

Tastes Better *from* SCRATCH

<p>Monday: Creamy Tomato and Spinach Tortellini \$7.65</p> <p>Tuesday: Crispy BBQ Chicken Wraps \$9.74</p> <p>Wednesday: Cajun Chicken and Sausage Kebabs \$12.00</p> <p>Thursday: Grilled Fish Tacos \$7.81</p> <p>Friday: Slow Cooker Lasagna \$13.00</p>	<p><u>Produce</u></p> <p>Garlic (4 cloves) Fresh spinach (1 ½ cups) Fresh basil (1/4 cup chopped) Fresh cilantro (1/4 cup) Red onion (1 whole onion + ¼ cup chopped) Large onion (1) Bell pepper (3 of any color) Zucchini (1) Lime (2 small)</p>	<p><u>Bread/Grains</u></p> <p>Flour tortillas (4-5 large) White corn tortillas (8) Lasagna noodles (8 oz.)</p>	<p><u>Meat</u></p> <p>Shredded chicken (2 cups – cooked or rotisserie) Andouille sausage (12 oz.) Chicken breasts (2) Lean white fish (tilapia, halibut, mahi mahi, etc. – 1 lbs.) Ground beef (1/2 lb.) Italian Sausage (1/2 lb.)</p>
	<p><u>Dairy</u></p> <p>Butter (2 Tbs.) Milk (1 ½ cups) Heavy cream (1/2 cup) Shredded parmesan cheese (1 cup) Shredded cheddar cheese (2 cups) Sour cream (1/2 cup) Mayo (1/3 cup) Shredded mozzarella cheese (4 cups) Cottage cheese (1 ½ cups)</p>	<p><u>Pantry Staples</u></p> <p>Flour (3 Tbs.) Canola oil (4 Tbs.) Olive oil (2 tsp.) Worcestershire sauce (2 Tbs.) Sugar (2 Tbs.)</p>	<p><u>Other</u></p> <p>Cheese tortellini (20 oz. refrigerator) BBQ sauce (1/2 cup or homemade) Siracha hot sauce (1 tsp) Toppings for tacos (pico de gallo, cojita cheese, shredded cabbage, cilantro, avocado, lime wedges, etc.)</p>
		<p><u>Spices</u></p> <p>Onion powder Garlic powder Paprika Chili powder Cumin Thyme Cayenne pepper Oregano Salt and pepper Red pepper flakes Italian seasoning Parsley</p>	

Weekly Total: \$50.20