

Tastes Better *from* SCRATCH

Monday: Healthy Chicken Pasta Salad \$13.86	<u>Produce</u> Baby spinach (4 oz.) Green onions (2) Orange (1) Lemon (1) Red bell pepper (1) Avocado (2) Mango (1) Fresh pineapple (1/2 cup) Lime juice (1 tsp) Onion (1 small) Garlic cloves (3) Romaine heart (1) Roma tomatoes (2)	<u>Canned Goods</u> Mandarin oranges (11 oz.) Red beans (1 can) Pinto beans (16 oz. can) Chipotle pepper in a adobo sauce (one small can or 1 pepper + 1 tsp sauce) Tomato sauce (8 oz. can)	<u>Meat</u> Cooked chicken (2 cups) Chicken breasts (2) Pork ribs (3--4 lbs. – I love baby back) Ground beef (1 lb.) Hickory Smoked Bacon (6 slices)
Tuesday: Slow Cooker Ribs \$20.35	<u>Refrigerated</u> Parmesan cheese (1 cup grated) Shredded cheddar cheese (1 ½ cups) Sharp cheddar cheese (2 cups) Greek yogurt or mayonnaise (2 Tbs.) Butter (2 Tbs.) Milk (1 ½ cups) Half and half (¾ cup) Salsa and sour cream (optional for topping tacos)	<u>Other</u> Craisins (1/2 cup) Slivered almonds (1/3 cup) Hard taco shells (20) Sides for tacos – (Mexican rice) Sides for ribs (mashed potatoes)	<u>Spices</u> Jamaican jerk seasoning (1/4 cup) Sea salt Salt and pepper Garlic powder Onion powder Chili powder Cumin Ground coriander Cumin Parsley
Wednesday: Caribbean jerk Chicken Bowls \$7.24		<u>Pantry Staples</u> Olive oil (4 Tbs) Honey (5 Tbs.) BBQ sauce (32 oz. or homemade) Ketchup (2 tsp) Dijon mustard (5 tsp) Sugar (1 tsp) Flour (2 Tbs.) Cornstarch (1 ½ tsp) Chicken bouillon (1 ½ tsp) Brown Sugar	<u>Bread/Grains</u> Farfalle pasta (8oz.) White rice (5--6 cups) Elbow macaroni (or other bite size pasta – ½ lb.) Panko bread crumbs (1/2 cup)
Thursday: Baked Tacos \$13.55			
Friday: Gourmet Baked Mac & Cheese with Bacon \$6.96			
Weekly Total: \$61.96			