

Tastes Better *from* SCRATCH

<p>Monday: Chicken Chimichangas \$7.10</p>	<p><u>Produce</u></p> <p>Green onions (2) Corn (1 cup fresh, frozen, or canned) Red bell pepper (1) Avocado (1) Cherry tomatoes (1 ½ cups, plus more for serving in gyros) Red onion (1/2) Fresh cilantro (1/4 cup) Limes (2) Lemon juice (3 Tbs .) Garlic (4 clove) Iceberg lettuce (for serving in gyros) Cucumber (for serving in gyros) Fresh basil (1/2 cup)</p>	<p><u>Bread/Grains</u></p> <p>Penne Pasta (6 oz.) Croutons (1/2 cup) Minute rice (brown or white – 1 ½ cups) Crusty French Baguette (1) Small flour tortillas for serving with fajitas (optional) Small shell pasta (8 oz.)</p>	<p><u>Spices</u></p> <p>Cumin Dry oregano leaves Chili powder Salt and pepper Paprika (smoked or regular) Ground turmeric Ground coriander Onion powder Cinnamon Crushed red pepper flakes</p>
<p>Tuesday: Southwest Tortellini Pasta Salad \$11.66</p>		<p><u>Meat</u></p> <p>Cooked chicken (2 cups) Chicken breasts (2 lbs.)</p>	<p><u>Refrigerated</u></p> <p>Shredded cheese (cheddar or Mexican blend – 1 cup) Mozzarella cheese (8 slices) Cheddar cheese (8 slices) Refrigerated three cheese tortellini (20 oz. pkg) Plain Greek yogurt (1 cup) Parmesan cheese (1 cup shredded) Butter (5 Tbs.) Egg (1) Cottage cheese (1 cup)</p>
<p>Wednesday: Chicken Gyro \$17.68</p>		<p><u>Other</u></p> <p>Your favorite salsa (1/2 cup)</p>	
<p>Thursday: Baked Spaghetti Pie \$4.51</p>	<p><u>Canned Goods</u></p> <p>Refried beans (1 can) Black beans (1 can) Spaghetti sauce (12 oz or homemade) Marinara sauce (1 cup or homemade)</p>	<p><u>Pantry Staples</u></p> <p>Oil (3 Tbs.) Olive oil (5 Tbs.) Rice vinegar (2 Tbs.) Sugar (1 tsp)</p>	
<p>Friday: Italian Grilled Cheese Sandwich \$3.79</p>			
<p>Weekly Total: \$44.75</p>			