

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday One Pan Baked Ziti	Produce Garlic (12-13 cloves) Shredded cabbage (1 1/2 cups) Carrots (2 cups) Celery (9 ribs) Green onion (11-13) Fresh bean sprouts (1 cup) Freshly grated ginger (2 teaspoons) Onions (3) Fresh parsley leaves (2 Tablespoons) Green bell pepper (1/2) Bell pepper (2 medium any color)	Refrigerated Half and half (1/2 cup) Freshly grated parmesan cheese (1/2 cup) Shredded mozzarella cheese (1 cup) Refrigerated Yaki-Soba noodles (1 pound) Egg yolks (2 large) Unsalted butter (1/4 cup) Sour cream (3/4 cup) Cream cheese (4 ounces) Shredded cheese (3 cups) Butter (4 Tablespoons)	Canned Goods Corn (1 can) Diced tomatoes (2x14.5 ounce can) Tomato sauce (8 ounces) Low-sodium beef broth (3 3/4 cup) Black beans (1 can) Canned jalapeno peppers (4 ounces) Cream of chicken soup (1 can) Red enchilada sauce (1 batch) Low-sodium chicken broth (4 cups)
Tuesday Chinese Chow Mein			
Wednesday Swedish Meatballs			
Thursday Loaded Chicken Enchiladas	Meat Ground Italian sausage (1/2 pound) Boneless skinless chicken breasts (4) Ground beef (1 pound) Ground pork (1 pound) Cooked chicken (3 cups) Andouille sausage (2 pounds)	Pantry Staples Olive oil (2 1/3 Tablespoons) Canola Oil (3 tablespoons) Low-sodium soy sauce (1/4 cup) Sesame oil (1 1/2 teaspoons) Light brown sugar (1 tablespoon) Cornstarch (1 teaspoon) Breadcrumbs (1/2 cup) All-purpose flour (1 cup) Granulated sugar (1 teaspoon)	Spices Crushed red pepper flakes (1/4 teaspoon) Dried basil (1 2/3 Tablespoons) Dried oregano (1/2 teaspoon) Ground allspice (1/4 teaspoon) Ground nutmeg (1/4 teaspoon) Salt and freshly ground black pepper Cajun seasoning (2 teaspoons)
Friday One Pan Jambalaya	Bread/Grains Ziti pasta (12 ounces) Cooked egg noodles or rice for serving Cooked rice (2 1/2 cups) Flour tortillas (16 large) Long grain white rice (2 cups)		Other Oyster sauce (1 Tablespoon)