

# Tastes Better *from* SCRATCH

Monday: <a href="#">BBQ Chicken Tacos</a> \$9.75	<u>Produce</u> Cherry Tomatoes (1 cup) Red Onion (1/3 cup) Sweet Onion (1 1/2) Avocado (1) Bell Pepper (2 any color, 1 red) Garlic (4 cloves) Fresh Bean Sprouts (1 cup) Green Onions (3) Limes (2) Cilantro (1 bunch) Celery (1 rib) Lemon Juice (2 tsp) Lime Juice (1 Tbs.) Parsley Leaves (2 Tbs.)	<u>Bread/Grains</u> Corn Tortillas (12-15) Cooked White Rice (5 servings) Medium Size Shell Pasta (8 oz.) Hoagies or Sub Rolls (5)  <u>Other</u> Flat Rice Noodles (8 oz.) Dry Roasted Peanuts (1/2 cup) Fish Sauce (3 Tbs.) Sriracha Hot Sauce (1 Tbs.) Ritz Crackers (1/2 cup) Saltine crackers (1/2 cup)	<u>Canned Goods</u> Corn (1 can) Black Beans (15 oz. can) Chicken Broth (14.5 oz. can) Canned Albacore White Tuna, packed in water (5 oz.) Beef Broth (1/4 cup) Crushed Tomatoes (28 oz. can)
Tuesday: <a href="#">Pad Thai</a> \$10.53	<u>Refrigerated</u> Frozen Peas (3/4 cup) Plain Greek Yogurt (1/2 cup) Eggs (6) Butter (5 Tbs.) Grated parmesan (1 cup) Provolone Cheese (10 slices)	<u>Pantry Staples</u> Vegetable Oil (1/2 cup) Soy Sauce (3 Tbs.) Brown Sugar (5 Tbs.) Rice Vinegar (2 Tbs.) Cornstarch (2 cups) Sugar (1 cup + 1 tsp) Ketchup (1/2 cup) Apple Cider Vinegar (1 cup) Flour (1 cup)	<u>Spices</u> Salt and pepper Oregano Garlic Salt Dill Weed Parsley Flakes Garlic Powder Basil Red Pepper Flake
Wednesday: <a href="#">Sweet and Sour Chicken</a> \$10.71			<u>Meat</u> Chicken Breasts (6) Uncooked Shrimp, Chicken, or Tofu (for pad thai, 8 oz.) Ground Beef (1 Lb.)
Thursday: <a href="#">Tuna Noodle Casserole</a> \$6.36			
Friday: <a href="#">Italian Meatball Subs</a> \$13.78			

Weekly Total: \$51.13