

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday BBQ Chicken Tacos	Produce Onions (2 1/4) Sweet onion (1/2) Bell peppers (4 any color, 2 red) Garlic (15 cloves) Frozen peas (2 3/4 cup) Fresh bean sprouts (1 cup) Green onions (3) Limes (2) Fresh cilantro (1/2 cup) Celery (1 rib) Fresh lemon juice (2 tsp.) Fresh parsley leaves (2 Tbs.)	Refrigerated Eggs (6) Butter (5 Tbs.) Milk (1 cup) Freshly grated parmesan cheese (1 cup) Provolone cheese (10 slices)	Canned Goods Tomato paste (2 Tbs.) low-sodium chicken broth (4 cups + 14.5 oz. can) Pineapple chunks (1 cup) Canned albacore white tuna, packed in water (5 oz.) Beef broth (1/4 cup) Crushed tomatoes (28 oz. can)
Tuesday Pad Thai			
Wednesday Sweet and Sour Chicken		Meat Bone-in chicken thighs (8-10) Uncooked shrimp, chicken or tofu (for pad Thai, 8 ounces) Boneless skinless chicken breasts (4) Ground beef (1 pound)	Bread/Grains Long grain white rice (4 cups) Cooked white rice Medium-size shell pasta (8oz.) Hoagies or sub rolls (5)
Thursday Tuna Noodle Casserole	Pantry Staples Olive oil (1/2 cup) Vegetable or canola oil (1/2 cup) Soy sauce (3 Tbs.) Brown sugar (5 Tbs.) Rice vinegar (2 Tbs.) Creamy peanut butter (2 Tbs.) Cornstarch (2 cups) Sugar (1 tsp.) Ketchup (1/2 cup) Apple cider vinegar (1 cup) All-purpose flour (1 cup)	Spices Dried oregano leaves Paprika Ground cumin Bay leaves Garlic salt Dried dill weed Dried parsley flakes Garlic powder Dried basil Crushed red pepper flakes Salt and pepper	
Friday Italian Meatball Subs			Other White wine (1 cup) Flat rice noodles (8oz) 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)