

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

**Click on recipe titles to be taken to the recipe*

Monday Lemon Basil Chicken	Produce 1 lemon 1 lime Fresh basil 3 yellow onions 3 cloves garlic 2 tomatoes Fresh parsley (optional) 1 red bell pepper Celery 2-3 large carrots	Meat 5-7 chicken breasts 1 lb. ground beef	Spices Garlic powder Onion powder Dried basil Chili powder Cumin Paprika Cayenne Dried oregano
Tuesday Black Bean Corn Quesadillas		Dairy 2 sticks butter Cream cheese (4 oz) Cheddar cheese (for quesadillas) Shredded parmesan cheese (4oz) Half & Half (1 pint) Sour cream (optional; for quesadillas) Milk (1 cup)	
Wednesday Creamy Tomato Basil Parmesan Soup	Pantry Staples Olive oil Chicken broth Brown Sugar Flour Ketchup BBQ Sauce Worcestershire sauce Soy sauce	Canned goods 5 ½ cups chicken broth (4 cans) 1 can black beans 1 can corn ¼ cup salsa 2 cans diced tomatoes Tomato paste 1-15 oz. can tomato sauce	Bread Tortillas (for quesadillas) Buns (for sloppy Joes)
Thursday Chili Lime Chicken with Creamy Garlic Penne			Dry/Packaged Goods Long grain white rice (1 cup) 16 oz box penne pasta
Friday Sloppy Joes			