

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)	
Wednesday Creamy Tomato Basil Parmesan Soup			Bread Tortillas (for quesadillas) Buns (for sloppy Joes)
Thursday Chili Lime Chicken with Creamy Garlic Penne	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	Dry/Packaged Goods Long grain white rice (1 cup) 16 oz box penne pasta
Friday Sloppy Joes			