

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

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

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|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 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 | 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 | | | |