

Tastes Better *from* SCRATCH

Monday: One-Pan Skinny Chicken Alfredo \$5.98	<u>Produce</u> Avocado (1) Bell Pepper (1) Carrot (2) Cilantro (1/4 cup) Ginger (1.5 tsp fresh grated) Garlic (6 cloves) Green Onions (2) Limes (2) Onion (1/4 cup) Red Bell Pepper (1/2) Red Cabbage (3/4 cup) Snap Peas (2/3 cup) Sweet Potatoes (2 medium)	<u>Refrigerated</u> Cheddar Cheese (2 cups) Egg (1) Skim Milk (1 ¾ cups) Parmesan (1 cup) Meatballs Milk (1 ½ cups) Mozzarella (2 cups)	<u>Meat</u> Chicken Breasts (1/2 Lbs.) Cooked Chicken (1 lb.) Ground Turkey (1 Lb.)
Tuesday: Thai Green Curry Meatballs \$9.32			<u>Bread/Grains</u> Cooked Brown Rice (2 cups) Flour Tortillas (14 large) Steamed Jasmine Rice Farfalle Pasta (6 oz.) Ziti (16 oz.)
Wednesday: Cashew Chicken Wraps \$7.36		<u>Pantry Staples</u> Flour Sugar Oil Brown Sugar Old-Fashioned Rolled Oats (3/4 cup) Olive Oil	
Thursday: Vegetarian Enchiladas \$16.36			<u>Other</u> -Cashews (2/3 cup) -Fish Sauce (2 tsp.) ** Homemade Red Enchilada Sauce (Ingredients included in shopping list) -Marinara(24 oz.) or Homemade -Creamy vinaigrette dressing (1/3 cup) -Optional: Parmesan cheese, fresh herbs for garnish -Thai Green Curry Paste (1 ½ Tbs.)
Friday: One-Pan Meatball Casserole \$13.13	<u>Spices</u> Basil Parsley Garlic Powder Chili Powder Cumin Oregano Salt & Pepper Onion Powder	<u>Canned Goods</u> Black Beans (15 oz. can) Unsweetened Coconut Milk (17 oz.) Beef Broth (2 cups) Tomato Sauce (1 ½ cups) Chicken Broth (1 ¾ cups)	
Weekly Total: \$52.12			