

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

*Each serves approximately 4 people*

Monday  
[One Pan Skinny  
Chicken Alfredo](#)

Tuesday  
[Thai Green Curry  
Meatballs](#)

Wednesday  
[Smoked Sausage,  
White Bean and  
Vegetable Pasta](#)

Thursday  
[Sweet Potato and  
Black Bean  
Enchiladas](#)

Friday  
[Cashew Chicken  
Crunch Wraps](#)

### **Produce**

Garlic (4 cloves)  
Fresh ginger (1 small bulb)  
Cilantro (1 bunch)  
Green onion (5 sprigs)  
1 lime  
Onion (1 small)  
Bell pepper (2, any color)  
Zucchini (1)  
Asparagus (5-10 spears)  
Tomatoes (2)  
Baby spinach (2 cups)  
Sweet potatoes (2 small)  
Avocado (1)  
Red cabbage (3/4 cup  
chopped)  
Snap peas (1/2 cup)  
Romaine lettuce (4 leaves)

### **Bread**

16 large white or wheat  
tortillas

### **Canned goods**

Chicken broth 1 ¾ cup  
Unsweetened coconut milk  
(13.5oz can)  
Vegetable broth (½ cup)  
White beans (15oz) can  
Red enchilada sauce (1 large  
can or [homemade](#))  
Black beans (14.5 oz can)

### **Dairy**

Skim milk (1 ¾ cup)  
Fresh grated parmesan  
cheese (1 1/4 cups)  
1 egg  
Cheddar cheese (2 cups  
shredded)

### **Meat**

3 chicken breast  
1 lb lean ground turkey  
1 (14oz) pkg turkey or beef  
polska kielbasa

### **Pantry Staples**

Olive oil (5 Tbsp)  
Vegetable oil (1 Tbsp)  
12 oz farfalle or penne  
noodles (or similar)  
Flour (2 Tbsp)  
Rolled oats ¾ cup  
Sugar (½ tsp)  
brown rice (for serving with  
Thai Meatballs, and for  
enchiladas) 3 cups, dry

### **Spices**

Onion powder  
Dried basil  
Dried parsley  
Salt and pepper

### **Other**

1½ Tbsp Green curry paste (I  
like the Mae Ploy brand)  
¼ cup toasted pine nuts  
½ cup cashews  
Creamy vinaigrette dressing  
(1/2 cup)