

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Serves approximately 4 people

Monday

[Creamy chicken and asparagus pasta](#)

Tuesday

[Smothered sweet pork burritos](#)

Wednesday

[Veggie pesto pizza](#)

Thursday

[Light, mini, BBQ meatloaf](#)

(Choose your own side dish e.g. mashed potatoes and veggies)

Friday

[Skinny Asian chicken stir-fry](#)

Produce

Asparagus (1 bunch)
Garlic (7 cloves)
Cilantro (1 bunch)
Lime (1)
Baby spinach (½ cup)
Small zucchini (1)
Green onion (4)
Red bell pepper (1)
Green bell pepper (1)
Tomato (1)
Small onion (1 small)

Dairy

Half and half (1/4 cup)
Cream cheese (4 oz.)
Shredded parmesan cheese (1/3 + 1/4 cup)
Mozzarella (3 cups)
Butter (1/2 Tbs.)
Eggs (2)

Meat

Chicken breasts (4)
Pork roast (shoulder or butt) (2 1/2 lbs.)
Extra lean ground beef (1 ½ lbs.)

Canned goods

Chicken broth (6 cups)
Green enchilada sauce (2- 15 oz. cans)
Black beans (1- 15oz. can)

Spices

Onion powder
Garlic powder
Dried basil
Dried oregano
Crushed red pepper flakes
Chili powder
Cumin

Bread

Tortillas (8 large)
[Dough for one pizza](#)

Pantry Staples

Penne (12 oz.)
Olive oil (3 Tbs.)
Brown sugar (1/2 cup)
Long grain white rice (1 cup)
Long grain brown rice (1 ½ cups)
Bread crumbs (1/2 cups)
BBQ sauce (1/2 cup)
Mustard (1 Tbs.)
White wine vinegar (2 Tbs.)
Cornstarch (2 Tbs.)
Honey (2 Tbs.)
Sea salt (2 tsp)

Other

Liquid smoke (1-2 tsp.)
Pesto sauce (1/2 cup)
Hoisin sauce (2 Tbs.)
Sriracha hot sauce (2 tsp.)
Cashews (1 cup)
*Choose a side dish for the meatloaf