

Tastes Better *from* SCRATCH

Monday: Baked Tacos \$13.55	<u>Produce</u> Yellow onion (3 small) Garlic cloves (8) Green leaf lettuce (1) Roma tomatoes (2) Red bell peppers (2) Spinach (3 1/2 cups) Green onions (1) Lemon Juice (2 tsp.) Romaine Lettuce (2 cups) Avocado (1) <u>Spices</u> Chili powder Cumin Ground Coriander Dried parsley Italian seasoning Basil	<u>Meat</u> 1 1/2 lbs lean ground beef 1/2 lb Italian sausage Bacon (5-6 slices) Chicken Breast (1) Cooked Chicken (1 cup)	<u>Pantry Staples</u> Mayo (1/2 cup)
Tuesday: Roasted Red Pepper Pasta \$8.35			<u>Canned Goods</u> Tomato Sauce (three, 8oz cans) Tomato paste (6oz can) Diced tomatoes (14.5 oz can) Salsa (optional for tacos) Chicken broth (1 cup) Pinto Beans (1 can)
Wednesday: Chicken Bacon Avocado Wrap \$8.67		<u>Dairy</u> Shredded cheddar cheese (1 1/2 cups) Parmesan cheese (1 2/3) cups grated) Ricotta cheese (1 cup) Mozzarella cheese (3 cups) Sour cream, (optional for tacos) Butter (4 Tbsp) Heavy cream (1/2 cup) Egg (1) Cream Cheese (2 oz.) Milk (1/2 cup)	<u>Bread/Grains</u> Hard Taco Shells (20) Jumbo Pasta shells (1 large box, 24 shells) Refrigerated tortellini (10 oz. pkg) Flour Tortillas (4-5 large) Pizza Crust (1)
Thursday: Lasagna Stuffed Shells \$12.30			
Friday: Chicken Alfredo Pizza \$5.25			

Weekly Total: \$48.12