

Tastes Better *from* SCRATCH

Monday: Hawaiian BBQ Chicken Wraps	<u>Produce</u> Spaghetti Squash (1 medium) Avocados (2) Red Onion (2) Tomato (1) Cilantro (1 bunch) Red Bell Pepper (1) Green Bell Pepper (1) Broccoli Florets (1 ½ cups) Green Onions (2) Ginger Root (1 tsp.) Yellow Onion (1) Celery (2 ribs) Yukon Gold or Russet Potato (1 large) Lettuce (1) Pineapple (2/3 cup chopped) or canned Romaine Heart (!)	<u>Bread/Grains</u> Spaghetti Noodles (12 Oz.) Cornmeal (3 Tbs.) Mexican Rice or Homemade Flour Tortillas (4 large)	<u>Spices</u> Ground Cumin (1 tsp.) Chili Powder (1 tsp.) Oregano (1 tsp.) Salt and Pepper Crushed Red Pepper Flake (2 tsp.) Garlic Powder (1 tsp.)
Tuesday: Sweet Pork Burrito Bowls		<u>Canned Goods</u> Black Beans (2, 15 oz. cans) Chicken Broth (4 1/2 cup) Chipotle Peppers in Adobe Sauce (1-2 whole peppers) Diced Green Chiles (2, 4 oz. cans) Red Enchilada Sauce (10 oz.) or homemade	<u>Other</u> Peanut Oil (2 Tbs.) Dry Roasted Peanuts (1/2 cup) Chili Paste with Garlic (2 tsp.) Sesame Oil (2 tsp.) Corn (4 cups fresh or frozen) Coke (3 cups) Homemade Salsa or Pico De Gallo
Wednesday: Corn Chowder		<u>Pantry Staples</u> Olive Oil (2 Tbs.) Cornstarch (2 tsp.) Low Sodium Soy Sauce (4 Tbs.) Rice Vinegar (2 Tbs.) Granulated Sugar (3 tsp.) Red Wine Vinegar (2 tsp.) Brown Sugar (1/2 cup)	Barbeque Sauce (1/2 cups) or Homemade
Thursday: Kung Pao Noodles Stir Fry			<u>Refrigerated</u> Butter (2 Tbs.) Half and Half (1 ½ cups) Mozzarella (1/2 cup)
Friday: Tex Mex Spaghetti Squash	<u>Meat</u> Boneless Skinless Chicken Breasts (2 Lbs.) Bacon (3 slices) Pork Shoulder (2-4 Lbs.)		