

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday
[Slow Cooker Creamy Ranch Pork Chops](#)

Tuesday
[Thai Basil Chicken](#)

Wednesday
[Vegetable Tortellini Soup](#)

Thursday
[Creamy Kale Sausage and Roasted Red Pepper Pasta](#)

Friday
[Pesto Chicken Caprese Flatbread](#)

Produce

Garlic cloves (7)
Onion (1 1/2)
Bell pepper- any color (1)
Red bell peppers (2)
Fresh basil (1 cup)
Celery (2 ribs)
Carrots (1-2)
Zucchini (1/2)
Corn (1/2 cup fresh or frozen)
Peas (1/2 cup fresh or frozen)
Green beans (3/4 cups fresh or frozen)
Kale (5 cups)
Cherry tomatoes (1 cup)

Pantry Staples

Canola oil (1 Tbs.)
Olive oil (4 Tbs.)
Soy sauce (2 Tbs.)
Sugar (1 Tbs.)
Farfalle pasta (12 oz.- or any other bite size pasta)
Flour (3 Tbs.)
Balsamic vinegar

Meat

Pork Chops (4-6)
Italian pork or turkey sausage links-mild or hot (4)
Shredded or chopped chicken (1/2 cup)

Dairy

Milk (3 cup)
Chicken breasts (2)
Parmesan cheese (3/4 cup)
Butter (2 Tbs.)
Fresh mozzarella (4 oz.)

Canned goods

Cream of mushroom soup -or [homemade](#) (1 can)
Cream of chicken soup -or [homemade](#) (1 can)
Chicken broth (3-14.5 oz. cans)
Diced tomatoes (1 (14.5 oz. can)

Bread

Flatbread (2 large)

Spices

Dried parsley
Dried dill
Garlic powder
Onion powder
Dried basil
Salt & Pepper
Red pepper flakes
Bay leaf (1)
Thyme

Other

Chicken bullion (3 cubes - or 2tsp bullion paste)
Oyster sauce (1/4 cup)
Hoisin sauce (1/4 cup)
Cheese tortellini (8 oz. refrigerated)
Pesto (1 Tbs.)