

# Tastes Better *from* SCRATCH

	<u>Meat</u>	<u>Pantry Staples</u>	<u>Produce</u>
Monday: <a href="#">BBQ Pulled Pork Sandwiches</a> \$20.89	Chicken Breasts (1 Lb.) Chicken Thighs (4) Calamari Rings (8 oz.) Jumbo Shrimp/Prawns (1/2 lb.)	Cider Vinegar Dijon Mustard Olive Oil Sugar Oil Brown Sugar	Bell Pepper (2) Broccoli Slaw (1 bag) Celery (2 ribs) Fresh Mango (1/2 cup) Pineapple (1/2 cup) Flat Leaf Parsley (1/4 cup) Cilantro ( 1 Tbs.) Garlic (8 cloves) Green Onions (3) Lemon Juice (3 Tbs.) Lemons (garnish) Onion (2 ½ ) Red Bell Pepper (1 ½ ) Roma Tomatoes (3)
Tuesday: <a href="#">Vegetable Tortellini Soup</a> \$5.87	Mussels (1/2 Lb.) Pork Shoulder (4 Lb.)		
Wednesday: <a href="#">Spanish Paella</a> \$18.78	<u>Canned Goods</u> Black Beans (15 oz. can) Jalapeños and Yellow Peppers 1 cup) Chicken Broth (7 cups) Diced Tomatoes (2, 14.5 oz. cans) Vegetable Broth (4 cups)	<u>Other</u> -BBQ Sauce (2 1/2 cups) -Bouillon Veg. Base (2 tsp.) -Mayo (2 Tbs.) **Pulled Pork Recipe** ingredients are included in this shopping list -Coke (12 oz. NOT diet) -Salsa and Sour Cream (toppings) -Tortilla Chips (8 oz. bag) -White Wine (1/4 cup)	
Thursday: <a href="#">Chicken Fajita Pasta</a> \$9.49			
Friday: <a href="#">Pulled Pork Nachos</a> (use leftover pork from Monday) \$5.10)	<u>Refrigerated</u> -Cheese Tortellini (10 oz.) -Parmesan Cheese -Mixed Carrots, peas, corn, green beans (2 cups) -Frozen Peas (1/2 cup) -Milk (1/2 cup) -Cheddar Cheese (2 cups)	<u>Bread/Grains</u> Penne Pasta (8 oz.) Slider Buns (10) Spanish Rice (2 cups)	<u>Spices</u> Bay Leaf (3) Parsley Flakes Rosemary Salt & Pepper Garlic Powder Cumin Italian Seasoning Kosher Salt Onion Powder Paprika Chili Powder Saffron Threads (1 pinch)
<b>Weekly Total : \$60.13</b>			