

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

*Serves approximately 4 people*

Monday  
[BBQ Pulled Pork sandwiches with Pineapple Mango Slaw](#)

Tuesday  
[Sweet and Spicy Chipotle Chicken Stir-Fry](#)

Wednesday  
[Cheesy Egg, Avocado, and Ham Breakfast Sandwich](#)

Thursday  
[One Pan Chicken Fajita Pasta](#)

Friday  
[BBQ Pulled Pork Nachos](#)  
(This uses leftover pork from Monday night!)

### **Produce**

Broccoli slaw (1 bag)  
Red bell pepper (2 1/2)  
Green bell pepper (2)  
Red onion (1 small)  
Green onion (3)  
Onion (1)  
Cilantro (1 bunch)  
Mango (1/2 cup)  
Pineapple (1 1/2 cup + reserved juice)  
Garlic (5 cloves)  
Roma tomato (1)  
Avocado (1)  
Lemon juice (3 Tbs.)

### **Dairy**

Mayonnaise (3 Tbs.)  
Butter (2 Tbs.)  
Eggs (5)  
Cheddar cheese (4 slices)  
Shredded cheese (for nachos-2-3 cups)  
Milk (1/2 cup)  
Sour cream (for topping)

### **Meat**

2 1/2 lbs. pounds pork roast (shoulder or butt)  
Chicken (3-4 chicken breasts)

### **Canned goods**

Chipotle peppers in adobo sauce (1/2 pepper and 2 tsp. sauce)  
Chicken broth (2 cups)  
Diced tomatoes (1-14.5 oz. can)  
Black beans (1 can)

### **Spices**

Salt and pepper  
Cumin  
Crushed red pepper flakes  
Garlic powder  
Onion powder

### **Bread**

Hamburger buns (8-10)  
English muffins (4)

### **Pantry Staples**

Canola/vegetable oil (4 Tbs.)  
Olive oil (1 Tbs.)  
Cider vinegar (1 Tbs.)  
Red wine vinegar (1/2 cup)  
Dijon mustard (1 tsp.)  
Sugar (4 Tbs.)  
Honey (1/2 cup)  
Cornstarch (2 1/2 tsp.)  
White or brown (1 1/2 cups)

### **Other**

Liquid smoke (1-2 tsp.)  
BBQ sauce (1 1/2 cup)  
8 oz. white or whole-wheat penne pasta  
Salsa (for topping- optional)  
Tortilla chips (1 bag)  
Jalapenos (for nachos)