

# Tastes Better *from* SCRATCH

Monday: <a href="#">Chicken Chimichanga</a> \$7.10	<u>Produce</u> Avocado (1) Fresh Basil Leaves (1/4 cup) Garlic (4 cloves) Green Onion (3) Mixed Greens Lettuce (5 cups) Yellow Onion (1) *Steamed Broccoli or Stir Fry veggies (for serving) Tomato (1)	<u>Bread/Grains</u> Flour Tortilla (6 large) Hamburger Buns (5) Cooked Rice (for serving) Spaghetti Noodles (8 oz.)	<u>Canned Goods</u> Pasta Sauce (1 ½ cups) Refried Beans (1 can) Tomato Sauce (8 oz.)	
Tuesday: <a href="#">Spaghetti Pie</a> \$4.51			<u>Pantry Staples</u> Cornstarch (3 tsp) Honey (2 Tbs.) Ketchup (1/2 cup) Brown Sugar (1/2 cup) Oil (4 Tbs.) Mustard (2 Tbs. & 1 tsp.) Vinegar (1 Tbs.)	<u>Refrigerated</u> Butter (3 Tbs.) Cheddar Cheese (4 slices) Cottage Cheese (1 cup) Egg (1) Parmesan (1 cup) Mayo (1/2 cup) Shredded Cheese (1 cup)
Wednesday: <a href="#">Sloppy Joe</a> \$7.79		<u>Other</u> BBQ Sauce (1/3 cup) Dill pickles (2) Soy Sauce (1 cup) Rice Vinegar (1/4 cup) Salsa (1/2 cup) *Salsa, Sour Cream, *Guacamole for serving Sesame Oil (2 Tbs.) Worcestershire Sauces (1 Tbs.)		<u>Spices</u> Chili Powder Crushed Red Pepper Flake Cumin Oregano Garlic Powder Ginger Salt & Pepper
Thursday: <a href="#">Teriyaki Chicken</a> \$7.57 (priced with rice)				
Friday: <a href="#">Cheeseburger Salad</a> \$11.79				
Weekly Total: \$38.76				