

Tastes Better *from* SCRATCH

Monday: Meatball Subs \$13.78	<u>Produce</u> Baby Spinach Leaves (1 1/2 Lb.) Sweet Onion (2) Apple (1) Sweet Potatoes (4) Cranberries (12 oz. package) Garlic (7 cloves) Fresh Basil Leaves (1/2 cup) Yellow Onion (1/2) Carrot (1) Cabbage (1/2 cup shredded Red, Green, or Napa) Green Onions (2) Ginger (1/2 tsp. freshly grated) Cilantro (1/4 cup) Boston Bib Lettuce (1 head or romaine)	<u>Bread/Grains</u> Farfalle Pasta (16 oz.) Saltine Crackers (1/2 cup, crushed) Hoagies or Sub Rolls (5)	<u>Pantry Staples</u> Oil (1/2 cup vegetable or canola) Rice Wine Vinegar (1/2 cup) Honey (3 Tbs.) Sugar (1 cup) Flour (1 cup) Olive Oil (2 tsp.) Peanut Butter (1 Tbs.) Soy Sauce (2 tsp.)
Tuesday: Thai Chicken Lettuce Wraps \$9.33		<u>Refrigerated</u> Butter (7 Tbs.) Milk (1 3/4 cup) Orange Juice (1/4 cup) Cheese Tortellini (20 oz.) Heavy Whipping Cream (1/2 cup) Grated Parmesan (1/2 cup) Egg (1 large) Provolone Cheese (10 slices)	
Wednesday: Creamy Tomato Spinach Tortellini \$7.65			<u>Meat</u> Chicken Breasts (1 1/2 Lbs.) Pork Loin (3 Lbs.) Ground Beef (1 Lb.)
Thursday: Slow Cooker Apple Cinnamon Pork \$15.81		<u>Canned Goods</u> Water Chestnuts (1 small can) Mandarin Oranges (11 oz. can) Petite Diced Tomatoes (15 oz. can) Beef Broth (1/4 cup) Crushed Tomatoes (28 oz. can)	<u>Spices</u> Cinnamon Salt and Pepper Onion Powder Oregano Crushed Red Pepper Flakes Parsley Garlic Powder Basil Garlic Salt
Friday: Teriyaki Pasta Salad \$16.45	<u>Other</u> Dry Roasted Peanuts (1/2 cup) Dried Cranberries (1/2 cup) Teriyaki Sauce (1/2 cup) Sweet Chili Sauce (1/3 cup)		

Weekly Total: \$63.02