

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Meals serve approximately 4 people

Monday Italian meatball subs
Tuesday Thai chicken lettuce wraps
Wednesday Creamy tomato spinach tortellini
Thursday Slow cooker apple cinnamon pork loin
Friday Spinach chicken bowtie pasta salad

Produce

Garlic (7-8 large clove)
1 sweet onion, 1 yellow onion
1 carrot
cabbage (1/2 cup shredded)
3 green onions
1 bunch cilantro
Boston bib or Romaine lettuce (for lettuce cups)
Fresh spinach (1.5 lb bag or about 12 cups)
Fresh Basil (1/4 cup)
1 large apple
4 sweet potatoes
12 oz package fresh cranberries
1 orange (for 1/4 cup juice)

Canned goods

Beef broth (1/4 cup)
14 oz can crushed tomatoes
14 oz can diced tomatoes
1 small can water chestnuts
11 oz can mandarin oranges

Dairy

Shredded parmesan cheese (1 cup)
Mozzarella cheese—for topping on meatball subs
Milk (2 cups)
1 egg
Butter (7 Tbsp)
Heavy cream (1/2 cup)

Other

1 (20 oz.) package refrigerated cheese tortellini
1 lb. farfalle (bowtie) noodles

Bread

4 hoagies or sub rolls

Meat

1 lb. ground beef or ground turkey
4-5 chicken breasts
3 lb. pork loin

Pantry Staples

Saltine crackers (1/2 cup crushed)
Flour (1 cup)
Sugar (1/4 cup + 1/2 tsp)
Canola oil
Sweet chili sauce (1/3 cup)
Crunchy peanut butter (1 Tbsp.)
Soy sauce (2 tsp)
Honey (3 Tbsp)
1/2 cup dry roasted peanuts
1/2 cup dried cranberries
1/2 cup teriyaki sauce
1/4 cup oil
1/4 cup rice wine vinegar

Spices

Oregano
Salt
Black pepper
Dried basil
Red pepper flakes
Garlic powder
Onion powder
Ground cinnamon
Dried Parsley