Tastes Better from SCRATCH

Monday:
Sweet and Sour Chicken
$10.71

Tuesday:
Italian Grilled Cheese
$3.79

Wednesday:
Cornbread Waffles with Chili
$21.05

Thursday:
Swedish Meatballs
$11.63

Friday:
Healthy Chicken Salad Lettuce Wraps
$8.62

Weekly Total: $55.80

Produce
Bell Peppers (2 red and green)
Sweet Red Onion (2)
Basil Leaves (4 Tbs.)
Parsley Leaves (2 Tbs.)
Celery (2 stalks)
Grapes (½ cup Red or Green)
Apple (1)
Lemon Juice (1 tsp.)
Boston Bib Lettuce (1 head)

Pantry Staples
Cornstarch (1 ¼ cup)
Oil (1/2 cup)
Sugar (1 1/4 cups)
Flour (2 cups)
Baking Powder (1 Tbs.)
Olive Oil (2 Tbs.)

Canned Goods
Pineapple Chunks (1 cup)
Marinara (1 cup) or Homemade
Beef Broth (3 ¾ cups)

Bread/Grains
White Rice (Serving with Sweet and Sour Chicken)
Crusty Artisan Bread (8 slices)
Yellow Cornmeal (1 ¼ cups)
Breadcrumbs (1/2 cup)
Egg Noodles or Rice (for Swedish Meatballs)

Refrigerated
Eggs (7 large)
Mozzarella Cheese (8 thin slices)
Cheddar Cheese (8 thin slices)
Butter (1 stick)
Milk (2 cups)
Sour Cream (3/4 cup)
Plain Greek Yogurt (1/3 cup)
Mayonnaise (2 Tbs.)

Meat
Chicken Breasts (3 Lbs.)
Ground Beef (1 lb.)
Ground Pork (1 Lb.)

Spices
Salt and Pepper
Garlic Salt
Allspice
Nutmeg
Garlic Powder

Other
Ketchup (1/2 cup)
Dried Cranberries (1/4 cup)
Almonds (1/4 cup)
Apple Cider Vinegar (1 cup)
Soy Sauce (2 Tbs.)
Your favorite Chili to serve with cornbread waffles or HOMEMADE
Chili Toppings: cheese, sour cream, green onion, etc.