

Tastes Better *from* SCRATCH

Monday: Sweet and Sour Chicken	<u>Produce</u> 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)	<u>Bread/Grains</u> 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)	<u>Spices</u> Salt and Pepper Garlic Salt Allspice Nutmeg Garlic Powder
Tuesday: Italian Grilled Cheese			
Wednesday: Cornbread Waffles with Chili	<u>Pantry Staples</u> Cornstarch (1 ¼ cup) Oil (1/2 cup) Sugar (1 1/4 cups) Flour (2 cups) Baking Powder (1 Tbs.) Olive Oil (2 Tbs.)	<u>Refrigerated</u> 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.)	<u>Other</u> 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.
Thursday: Swedish Meatballs			
Friday: Healthy Chicken Salad Lettuce Wraps	<u>Canned Goods</u> Pineapple Chunks (1 cup) Marinara (1 cup) or Homemade Beef Broth (3 ¾ cups)	<u>Meat</u> Chicken Breasts (3 Lbs.) Ground Beef (1 lb.) Ground Pork (1 Lb.)	