

# Tastes Better *from* SCRATCH

Monday: <a href="#">Chicken Casserole</a>	<u>Spices</u> Salt and Pepper Basil Oregano Rosemary Fennel Seeds Thyme Chili Powder Onion Powder Garlic Powder Paprika Cumin Onion Flake	<u>Produce</u> Lemon Juice (4 Tbs.) Scallion (1) Large Green Salad (for 4) Yellow Onion (1) Garlic (3 cloves) Spinach Leaves (2 cups) Lime Juice (3 tsp.) Celery (3 ribs)	<u>Bread/Grains</u> Cornflakes (3 cups crushed) Lasagna Noodles (9) Tortillas (for serving Tacos) Minute Rice (1 cup)
Tuesday: <a href="#">Slow Cooker Chicken Tacos</a>			<u>Canned Goods</u> <a href="#">Marina Sauce</a> or 24 oz. store-bought Marina Chicken Broth (8 cups) Tomato Paste (2 Tbs.) Cream of Chicken Soup (10.5 oz. can) or <a href="#">Homemade</a>
Wednesday: <a href="#">Lasagna Soup</a>		<u>Other</u> Italian Salad Dressing (1/3 cup or sub. Salsa) Toppings for Tacos Slivered Almonds (1/4 cup)	
Thursday: <a href="#">Honey Mustard Chicken Salad</a>	<u>Refrigerated</u> Light Mayonnaise (1 3/4 cups) Half and Half (2/3 cup) Shredded Mozzarella (1 cup) Grated Parmesan (1/2 cup) Ricotta Cheese (10 oz.) Eggs (3 large) Butter (1 Tbs.)	<u>Pantry Staples</u> Honey (4 Tbs.) Dijon Mustard (5 Tbs.) Olive Oil	<u>Meat</u> Chicken Tenders (4) Boneless Pork Chops (4) Ground Beef (1/2 Lb.) Ground Italian Sausage (1/2 Lb.) Chicken Breasts (2 Lb.)
Friday: <a href="#">Pork Chops with Creamy Mustard Sauce</a>			