

Tastes Better *from* SCRATCH

Monday: Sweet Pork Burrito Bowl \$13.75	<u>Produce</u> Garlic (7 cloves) Lemon Juice (2 Tbs.) Parsley (optional for garnish) Lemon (1) Butternut Squash (1 small) Sweet Potato (2 small) Onion (3 medium) Celery (2 ribs) Carrots (3) Fresh Thyme (1 tsp. chopped) Fresh Rosemary (1 tsp. chopped) Yukon Gold Potatoes (2 ½ Lbs.) Peas (1/2 cup fresh or frozen) Serrano Peppers (3-4 whole) Lettuce (1 head)	<u>Other</u> Beef Bouillon (1 cube) Worcestershire Sauce (2 Tbs.) Coke (3 cups) Tomato Bouillon (2 cubes) Salsa or Pico De Gallo (1 container) or Homemade	<u>Spices</u> Salt and Pepper Cajun Seasoning Dried Dill Garlic Powder Dried Basil Fennel Seeds Cumin Seeds Bay Leaves
Tuesday: Cottage Pie \$17.25		<u>Refrigerated</u> Butter (3 sticks) Cottage Cheese (24 oz.) Egg (1 Lg.) Shredded Mozzarella (2 cups) Freshly Grated Parmesan (1 1/4 Cup) Sour Cream (1/4 cup) Milk (1/2 cup) Shredded Cheddar Cheese (1/2 cup)	
Wednesday: Autumn Butternut Squash and Sweet Potato Soup \$14.55			<u>Bread/Grains</u> Egg Noodles (12 oz.) Long Grain White Rice (1 ½ cup)
Thursday: Chicken Noodle Casserole \$13.32			<u>Canned Goods</u> Low Sodium Chicken Broth (9 ¼ cups) Diced Tomatoes (14.5 oz. can) Tomato Paste (4 Tb.) Garbanzo Beans (15 oz. can) Beef Stock (3 cups) Diced Green Chiles (1 can) Red Enchilada Sauce (10 oz.) or homemade Black or Pinto Beans (1 can)
Friday: Baked Salmon \$12.38	<u>Pantry Staples</u> Honey (1 tsp) Olive Oil (1 Tbs.) All Purpose Flour (3/4 cup) Brown Sugar (1/2 cup) Oil (1/4 cup vegetable or canola)	<u>Meat</u> Salmon Fillet (2 lbs.) Chicken (Cooked 4 cups) Italian Sausage (1 pound ground) Lean Ground Beef (1 Lb.) Ground Sausage (1 Lb.) Pork Shoulder (2-4 Lbs.)	

Weekly Total- \$71.25