

Tastes Better *from* SCRATCH

Monday: General Tso's Chicken \$11.20	<u>Spices</u> Chili Powder Red Pepper Flake Basil Oregano Salt & Pepper Cumin Ginger Paprika Thyme Rosemary	<u>Bread/Grains</u> Crusty bread (4 slices) Ziti (12 oz.)	<u>Meat</u> Chicken Breasts (2 ½ lbs.) Ground Italian Sausage (1/2 Lb.) Pork Sausage (1 Lb.)
Tuesday: Biscuits & Gravy \$6.57		<u>Pantry Staples</u> Flour Cornstarch (3/4 cup) Brown Sugar Soy Sauce (1/3 cup) Oil Olive Oil Baking Powder Honey (3 Tbs.)	<u>Produce</u> Bell Pepper (1) Cilantro (1/4 cup) Lemon Juice (2 tsp) Lime Juice (1 Tbs.) Garlic (12 cloves) Onion (1) Red Onion (1/4 cup)
Wednesday: Tuna Melt \$5.46			
Thursday: Baked Ziti \$6.26	<u>Refrigerated</u> Cheese (4 slices) Parmesan Cheese (1/2 cup) Frozen Corn (1 cup) Half & Half (3 cups) Mayonnaise (1/4 cup) Mozzarella Cheese (1 cup) Butter (6 Tbs.) Buttermilk (3/4 cup)	<u>Canned Goods</u> Black Beans (15 oz. can) Albacore White Tuna (12 oz.) Diced Tomatoes (29 oz. can) Chicken Broth (5 cups) Diced Green Chilies (4 oz. can) Tomato Sauce (8 oz.)	<u>Other</u> optional as toppings (Avocado, cilantro, sour cream, cheese, lime, tortilla chips) Hoisin Sauce (1/3 cup) Rice Vinegar (1/3 cup)
Friday: Chicken Tortilla Soup \$12.82			
Weekly Total: \$42.31			