

Tastes Better *from* SCRATCH

Monday: Coconut Curry Chicken and Veggie Bowls	<u>Produce</u> Carrot (2) Celery (3 ribs) Basil (1/4 cup chopped) Asparagus Spears (1 bunch) Spaghetti Squash (1 medium) Sweet Potato (1 lg.) Brussels Sprouts (1 ½ cups) Pomegranate (1) Avocado (1) <u>Spices</u> Oregano Basil Salt and Pepper Parsley Flakes Garlic Powder Red Pepper Flake (Garlic Salt Onion Powder Curry Powder	<u>Other</u> Your Favorite Homemade Chili (3 cups) Toppings for Spaghetti Squash (cilantro, sour cream, chives, tomatoes, avocados) Pecans (1/2 cups)	<u>Refrigerated</u> Butter (1/2 cup) Parmesan (1 1/3 cups grated) Half and Half (1 ½ cups) Egg (1) Provolone Cheese (10 Slices) Cream Cheese (4 oz.) Shredded Cheddar Cheese (2/3 cup)
Tuesday: Chili Stuffed Spaghetti Squash		<u>Pantry Staples</u> Olive Oil (7 Tbs.) Flour (1 1/4 cups) Granulated Sugar (1 tsp.) Light Brown Sugar (2 tsp.) White or Jasmine Rice (2 cups) Honey (1/4 c.) Prepared Mustard (1 Tbs.) Cornstarch (1/2 tsp.)	<u>Canned Goods</u> Diced Tomatoes (2 14.5 oz. cans) Tomato Paste (2 Tbs.) Chicken Broth (4 1/2 cups) Beef Broth (1/4 cups) Crushed Tomatoes (28 oz.) Unsweetened Coconut Milk (1 ½ cups)
Wednesday: Creamy Chicken and Asparagus Pasta		<u>Bread/Grains</u> Saltine Crackers (1/2 cups crushed) Hoagies or Sub Rolls (5) Penne Pasta (12 oz.)	<u>Meat</u> Ground Beef (1 Lb.) Chicken Breasts (1 Lb.) Chicken Tenders (4)
Thursday: Italian Meatball Sub			
Friday: Creamy Tomato Basil Soup			