

Tastes Better *from* SCRATCH

	<u>Produce</u>	<u>Other</u>	<u>Refrigerated</u>
Monday: Coconut Curry Chicken and Veggie Bowls \$15.77	Carrot (2) Celery (3 ribs) Basil (1/4 cup chopped) Asparagus Spears (1 bunch) Sweet Potato (1 lg.) Brussels Sprouts (1 ½ cups) Pomegranate (1) Avocado (1) Onion (1)	Pecans (1/2 cups) Red Wine Vinegar (1/4 cup)	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 and Sour Cream (optional for chili)
Tuesday: Classic Homemade Chili \$17.91	<u>Spices</u> Oregano Basil Salt and Pepper Parsley Flakes Garlic Powder Red Pepper Flake Garlic Salt Onion Powder Curry Powder Chili Powder Garlic Salt Paprika Cumin Cayenne	<u>Pantry Staples</u> Olive Oil (8 Tbs.) Flour (1 1/4 cups) Granulated Sugar (1 tsp.) Light Brown Sugar (2 Tbs.) 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) Petite Diced Tomatoes (14.5 oz. can) Tomato Juice (4 cups) Pinto Beans (2- 15 oz. cans) Kidney Beans (16 oz. can)
Wednesday: Creamy Chicken and Asparagus Pasta \$8.77		<u>Bread/Grains</u> Saltine Crackers (1/2 cups crushed) Hoagies or Sub Rolls (5) Penne Pasta (12 oz.)	
Thursday: Italian Meatball Sub \$13.78		<u>Meat</u> Ground Beef (3 Lb.) Chicken Breasts (1 Lb.) Chicken Tenders (4) Pork Sausage (1 lb.)	
Friday: Creamy Tomato Basil Soup \$12.04			
Weekly Total: \$68.27			