

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

*Serves approximately 4 people*

<p>Monday <a href="#">Lemon chicken piccata</a> (Serve over mashed potatoes) \$11.93</p>	<p><b>Produce</b></p> <p>Lemons (2) Potato's (3 large for mashed potatoes) Romaine lettuce heart (1) Tomatoes (2 medium) Avocado (1) Garlic (2 cloves) Fresh basil (2-3 Tbs. chopped) Butternut squash (1 small) Sweet potatoes (2 small) Onion (1 medium) Ginger (1 small piece -1 tsp grated) Green onions (2 stalks) <i>Optional- any extra vegetables for kung pao (e.g. broccoli, bell pepper, zucchini)</i></p>	<p><b>Meat</b></p> <p><b>Chicken breasts (5)</b> Bacon (4 slices) Ground beef (1 lb.) Ground Italian sausage (1 lb.)</p>	<p><b>Pantry Staples</b></p> <p>Flour (1/4 cup) Bread crumbs (1/4 cup) Olive oil (6 Tbs.) Mayonnaise (1/2 cup) Lemon juice (2 tsp.) Rice vinegar (2 Tbs.) Sugar (1 3/4 tsp.) Soy sauce (2 Tbs.' + 1 tsp.) Cornstarch (1 Tbs. + 1 tsp.) Red wine vinegar (1 tsp.) Asian sesame oil (1 tsp.)</p>
<p>Tuesday <a href="#">Chicken bacon avocado wrap</a> \$8.67</p>		<p><b>Canned goods</b></p> <p>Chicken broth (6 1/4 cup) Capers (1/4 cup) Diced tomatoes (1 can) Tomato paste (2 Tbs.) Garbanzo beans (1 can)</p>	
<p>Wednesday <a href="#">One pan skillet lasagna</a> \$9.11</p>		<p><b>Spices</b></p> <p>Dried basil Dried minced onion Oregano Garlic powder Crushed red pepper flakes Whole fennel seed Whole cumin seed</p>	
<p>Thursday <a href="#">Butternut squash and sweet potato soup</a> \$14.55</p>		<p><b>Bread</b></p> <p>4 large tortillas</p>	<p><b>Other</b></p> <p>1 (24 oz.) jar marinara pasta sauce 8 oz. Penne or Farfalle bowtie noodles Dry roasted peanuts (1/2 cup) Sriracha (hot sauce) Long-grain white rice (2 cups)</p>
<p>Friday <a href="#">Restaurant style Kung Pao Chicken</a> \$8.31</p>	<p><b>Dairy</b></p> <p>Eggs (2) Butter (2 Tbs.) Heavy cream (3/4 cup) Fresh Parmesan cheese (1/4 cup shredded) Shredded mozzarella (3/4 cup) Ricotta (1/2 cup)</p>		
<p><b>Weekly Total: \$52.57</b></p>			