

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Chicken Casserole</a></p> <p>\$5.91</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Salt and Pepper Basil Oregano Chili Powder Onion Powder Garlic Powder Paprika Cumin Onion Flake Red Pepper Flake Parsley Flakes</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Lemon Juice (4 Tbs.) Scallion (1) Large Green Salad (for 4) Yellow Onion (1) Garlic (3 cloves) Spinach Leaves (2 cups) Lime Juice (3 tsp.) Celery (3 ribs) Fresh basil</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Cornflakes (3 cups crushed) Lasagna Noodles (9) Tortillas (for serving Tacos) Minute Rice (1 cup)</p>
<p>Tuesday: <a href="#">Slow Cooker Chicken Tacos</a></p> <p>\$4.67</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Light Mayonnaise (1 3/4 cups) Half and Half (2/3 cup) Shredded Mozzarella (1 cup) Grated Parmesan (1/2 cup) Ricotta Cheese (10 oz.) Eggs (3 large) Butter (1 Tbs.)</p>	<p style="text-align: center;"><u>Other</u></p> <p>Italian Salad Dressing (1/3 cup or sub. Salsa) Toppings for Tacos Slivered Almonds (1/4 cup)</p>	<p style="text-align: center;"><u>Canned Goods</u></p> <p><a href="#">Marinara Sauce</a> or 24 oz. store-bought Marinara Chicken Broth (8 cups) Tomato Paste (2 Tbs.) Cream of Chicken Soup (10.5 oz. can) or <a href="#">Homemade</a></p>
<p>Wednesday: <a href="#">Lasagna Soup</a></p> <p>\$17.07</p>		<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Honey (4 Tbs.) Dijon Mustard (5 Tbs.) Olive Oil</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Chicken Tenders (4) Boneless Pork Chops (4) Ground Beef (1/2 Lb.) Ground Italian Sausage (1/2 Lb.) Chicken Breasts (2 Lb.)</p>
<p>Thursday: <a href="#">Honey Mustard Chicken Salad</a></p> <p>\$10.32</p>			
<p>Friday: <a href="#">Pork Chops with Creamy Mustard Sauce</a></p> <p>\$6.61</p>			

**Weekly Total: \$44.58**