

Tastes Better *from* SCRATCH

<p>Monday: Creamy Chicken and Wild Rice Soup</p>	<p><u>Produce</u></p> <p>Yellow Onion (2 small) Carrots (2) Celery (3 ribs) Garlic (9 clove) Red Onion (1) Grapes (1/2 cup red or green) Apple (1) Lemon Juice (1 tsp.) Boston Bib lettuce (1 head or Romaine heart leaves) Green Bell Pepper (1/2) Avocado (1) Lime (2) Orange (1 large) Jalapeño Pepper (1) Cilantro (bunch) Red Bell Pepper (1) Baby Spinach Leaves (1 ½ cups)</p>	<p><u>Bread/Grains</u></p> <p>Rice (2 cups cooked or wild rice in box) All Purpose Flour (1 1/2 cup) Penne Pasta (4 cups) White Corn Tortillas (10) Fettuccine Noodles (1 Lb.)</p>	<p><u>Meat</u></p> <p>Boneless Skinless Chicken Breasts (4 lb.) Ground Beef (1 Lb.) Pork Sausage (1/2 Lb.) Pepperoni (4 oz.) Flank Steak (2 Lbs.)</p>
<p>Tuesday: Healthy Chicken Salad Lettuce Wraps</p>		<p><u>Other</u></p> <p>Dried Cranberries (1/4 cup) Almonds (1/4 cup) Pico De Gallo or Homemade Valentina Hot Sauce (optional) Mexican Rice for serving with tacos.</p>	<p><u>Spices</u></p> <p>Thyme (1/4 tsp.) Sage (1/4 tsp.) Rosemary (1/4 tsp.) Salt and Pepper Garlic Powder (1/2 tsp.) Oregano (1 1/2 tsp.) Chili Powder (1 tsp.) Cumin (1 tsp.) Basil (1/2 tsp.) Onion Powder (1/4 tsp.) Italian Seasonings (1/4 tsp.)</p>
<p>Wednesday: Pizza Casserole</p>		<p><u>Refrigerated</u></p> <p>Butter (7 Tbs.) Milk (2 1/4 cups) Heavy Whipping Cream (1 cup) Plain Greek Yogurt (1/3 cup) Parmesan Cheese (1 cup freshly grated) Shredded Mozzarella (2 cups)</p>	<p><u>Canned Goods</u></p> <p>Chicken Broth (5 cups) Sliced Mushrooms (1 can) Sliced Olives (1 small can) Marinara Pasta Sauce (24 oz. jar) or homemade pizza sauce</p>
<p>Thursday: Carne Asada Tacos</p>			
<p>Friday: Tuscan Garlic Chicken</p>	<p><u>Pantry Staples</u></p> <p>Olive Oil (3/4 cup) Mayonnaise (2 Tbs.) White Vinegar (2 Tbs.)</p>		