

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Serves approximately 4 people

Monday Baked Taco Salad Bowls Mexican Rice
Tuesday Chicken Milanese Torta
Wednesday Asian Turkey Lettuce Wraps
Thursday Slow Cooker Chicken Tikka Masala
Friday Barbeque Chicken Pizza

Produce Romaine lettuce (3 heads) Carrot (2) Avocado (2) Green onion (4) Cilantro (1/2 cup chopped) Tomatoes (3) Red bell pepper (1) Ginger (2 tsp. fresh) Garlic cloves (5) Onion (1 small) Red onion (1/4 of large) Jalapeño peppers (2- optional for Mexican rice)
--

Dairy Shredded cheese (1 cup for tacos) Shredded mozzarella cheese (2 cups) Sour cream (for taco topping) Mayonnaise (1/2 cup) String cheese (2 sticks) Eggs (2)

Meat Ground beef (1 ½ lbs.) Chicken breasts (4 large) Ground turkey (1 lb.) Chicken thighs (5-7)

Canned goods Black beans (1 can) Corn (1 can) Refried beans (1/2 cup) Green pickled sliced jalapeno peppers (1 small can) Water chestnuts (1 small can) Coconut milk (1 cup) Tomato sauce (4-8 oz. cans)
--

Bread Tortillas (4-6) Torta or Ciabatta rolls (4) Dough for one large pizza crust

Spices Crushed red pepper flakes Garam Masala salt
--

Pantry Staples Salsa (for taco topping) Canola oil Olive oil Brown rice (1 cup) White rice (1 ½ cups) Jasmine or Basmati rice (1-2 cups) Soy sauce (5 Tbs.) Rice vinegar (2 Tbs.) Asian sesame oil (2 tsp.) Hoisin sauce (2 Tbs.) Cornstarch (1 tsp.)

Other Bread crumbs (1 cup) Barbeque sauce (1/2 cup) Tomato bullion cubes (2) Peas (1/2 cup)
--