

Tastes Better *from* SCRATCH

<p>Monday: Spicy Chicken Soup</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Onion (1 1/2) Garlic cloves (5) Celery (2 ribs) Red Onion (2) Grapes (red or green- ½ cup) Apple (1) Lemon Juice (1 tsp.) Boston Bib Lettuce (1 head or Romaine hearts) Lime Juice (3 Tbs.) Mango (1 ripe) Avocado (1) Cilantro (bunch) Serrano Pepper (1)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Lasagna Noodles (8 oz.) Flour Tortillas (4- large) Hoagie or sub rolls (8)</p> <hr/> <p style="text-align: center;"><u>Refrigerated</u></p> <p>Sour Cream (3/4 cup) Plain Greek Yogurt (1/3 cup) Shredded Mozzarella (5 cups) Cottage Cheese (1 ½ cups) Grated Parmesan (1/2 cup) Swiss Cheese (16 slices)</p>	<p style="text-align: center;"><u>Canned Goods</u></p> <p>Salsa (8 oz.) Diced Tomatoes (14.5 oz. can) Corn (15 oz. can) Chili Beans (16 oz. can) Tomato Paste (6 oz. can) Tomato Sauce (29 oz. can) Beef Broth (2 1/3 cups)</p>
<p>Tuesday: Healthy Chicken Salad Lettuce Wraps</p>	<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive oil Sugar (3 Tbs.) Worcestershire Sauce (2 Tbs.) Light Brown Sugar (1 tsp.) Soy Sauce (2 Tbs.)</p>	<p style="text-align: center;"><u>Other</u></p> <p>Chicken Bouillon Paste (3 tsp.) Toppings for soup: cilantro, shredded cheese, and avocado Dried Cranberries (1/2 cup) Almonds (1/2 cup) Mayonnaise (2 Tbs.) French Onion Soup Mix (dry- 1 packet) Coke (1 cup, not diet)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Salt and Pepper Garlic Powder Parsley Onion Powder Chili Powder Cumin Italian Seasoning Paprika Cayenne Pepper Oregano Thyme</p>
<p>Wednesday: Slow Cooker Lasagna</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Chicken Breasts (6) Ground Beef (1/2 Lb.) Italian Sausage (1/2 Lbs.) Chuck Roast (3 .5 Lbs.)</p>		
<p>Thursday: Chili Lime Chicken Wraps</p>			
<p>Friday: Slow Cooker French Dip</p>			