

# Tastes Better *from* SCRATCH

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

Monday  
[Sheet Pan Fajitas](#)

Tuesday  
[Taco Soup](#)

Wednesday  
[Tuscan Garlic Chicken](#)

Thursday  
[Hawaiian BBQ Chicken Wraps](#)

Friday  
[Pizza Pasta Salad](#)

### **Produce**

Bell peppers (1 red, 1 green, & 3 of any color for fajitas)  
Yellow onion (1)  
Garlic (10 cloves)  
Lime (1)  
Cilantro (1/2 cup chopped)  
Baby spinach (1 1/2 cups)  
Pineapple (2/3 cup fresh or canned)  
Red onion (1 small)  
Romaine heart (1)  
Cherry tomatoes (1 cup)

### **Meat**

Chicken breasts (8-9)  
Lean ground beef (1 lb.)  
Pepperoni (1 - 2oz. package)

### **Other**

Desired fajita toppings and taco soup toppings (sour cream, avocado, guacamole, cheese, etc.)

### **Bread/Pasta**

Flour tortillas (@15 although I like small one for fajitas and large for the wrap)  
Fettuccine noodles (1 lb.)  
[Cellentani](#) pasta (or other bite size pasta)

### **Dairy**

Butter (1 Tbs.)  
Cream (1/2 cup)  
Milk (3/4 cup)  
Mozzarella cheese (1/2 cup)  
Fresh mozzarella cheese ball (8 oz.)  
Parmesan cheese (@1 cup shredded)

### **Pantry Staples**

Olive oil  
Flour (1 cup)  
BBQ sauce (1/2 cup or [homemade](#))  
Red wine vinegar (1/4 cup)

### **Canned Goods**

Crushed tomatoes (1- 28oz. can)  
Diced green chilies (1- 4oz. can)  
Kidney beans (1- 15oz. can)  
Black beans (1- 15oz. can)  
Corn (1 can)  
Beef broth (16 oz. or 2 cups)  
Chicken broth (1/2 cup)  
Olives (1- 2.25oz. can)

### **Spices**

Chili powder  
Paprika  
Cumin  
Onion powder  
Garlic powder  
Oregano  
Cayenne  
Dried basil  
Italian seasoning  
Salt and pepper