

# Tastes Better *from* SCRATCH

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

<p>Monday <a href="#">Creamy lemon chicken piccata</a></p>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>Lemons (2)</li> <li>Celery (2 ribs)</li> <li>Carrots (3-4 large)</li> <li>Garlic (2 clove)</li> <li>Sweet potatoes (2 small/medium)</li> <li>Bell pepper (1 large any color)</li> <li>Cilantro (for topping enchiladas-optional)</li> <li>Avocado (1)</li> <li>Romaine lettuce (3 cups chopped)</li> <li>Cherry tomatoes (2/3 cup halved)</li> </ul>	<p><b>Meat</b></p> <ul style="list-style-type: none"> <li>Chicken breasts (4-5 large)</li> <li>Rotisserie chicken (3 cups)</li> <li>3-4 lbs pork baby back ribs (I love Costco's!)</li> </ul>	<p><b>Spices</b></p> <ul style="list-style-type: none"> <li>Garlic powder</li> <li>Onion powder</li> <li>Rosemary</li> <li>Sage</li> <li>Crushed red pepper</li> <li>Salt and pepper</li> </ul>
<p>Tuesday <a href="#">Chicken noodle soup</a></p>	<p><b>Canned goods</b></p> <ul style="list-style-type: none"> <li>Chicken broth (6 cups <a href="#">homemade</a>: especially yummy with chicken noodle soup + 5 cups canned broth)</li> <li>Red enchilada sauce (large can or <a href="#">homemade</a>)</li> <li>Black beans (1 can)</li> </ul>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>Butter (3 Tbs)</li> <li>Egg (1)</li> <li>Heavy cream (1 cup)</li> <li>Cheddar cheese (2 cups)</li> <li>Parmesan cheese (1/4 cup)</li> </ul>	<p><b>Other</b></p> <ul style="list-style-type: none"> <li>Capers (1/4 cup)</li> <li>Egg noodles (<a href="#">homemade</a> or 5 cups)</li> <li>Pasta or mashed potatoes for serving with chicken piccata.</li> <li>BBQ sauce (<a href="#">homemade</a>, Sweet Baby Rays, or Kansas City Classic)</li> <li>Side for the ribs</li> <li>Croutons (1/2 cup)</li> <li>Caesar salad dressing (1/2 cup)</li> </ul>
<p>Wednesday <a href="#">Slow cooker BBQ ribs</a></p>	<p><b>Pantry Staples</b></p> <ul style="list-style-type: none"> <li>Flour (1/4 cup)</li> <li>Breadcrumbs (1/4 cup)</li> <li>Olive oil (4 Tbs.)</li> <li>Brown sugar (1/2 tsp)</li> </ul>	<p><b>Bread/grains</b></p> <ul style="list-style-type: none"> <li>White or whole wheat flour tortillas (15-17 large)</li> <li>Brown rice (2 cups cooked)</li> </ul>	
<p>Thursday <a href="#">Sweet potato black bean enchiladas</a></p>			
<p>Friday <a href="#">Chicken Caesar wrap</a></p>			