

# 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> <p>Lemons (2) Celery (2 ribs) Carrots (3-4 large) Garlic (2 clove) Sweet potatoes (2 small/medium) Bell pepper (1 large any color) Cilantro (for topping enchiladas-optional) Avocado (1) Romaine lettuce (3 cups chopped) Cherry tomatoes (2/3 cup halved)</p>	<p><b>Meat</b></p> <p>Chicken breasts (4-5 large) Rotisserie chicken (3 cups) 3-4 lbs pork baby back ribs (I love Costco's!)</p>	<p><b>Spices</b></p> <p>Garlic powder Onion powder Rosemary Sage Crushed red pepper Salt and pepper</p>
<p>Tuesday <a href="#">Chicken noodle soup</a></p>	<p><b>Canned goods</b></p> <p>Chicken broth (6 cups <a href="#">homemade</a>: especially yummy with chicken noodle soup + 5 cups canned broth) Red enchilada sauce (large can or <a href="#">homemade</a>) Black beans (1 can)</p>	<p><b>Dairy</b></p> <p>Butter (3 Tbs) Egg (1) Heavy cream (1 cup) Cheddar cheese (2 cups) Parmesan cheese (1/4 cup)</p>	<p><b>Other</b></p> <p>Capers (1/4 cup) Egg noodles (<a href="#">homemade</a> or 5 cups) Pasta or mashed potatoes for serving with chicken piccata. BBQ sauce (<a href="#">homemade</a>, Sweet Baby Rays, or Kansas City Classic) Side for the ribs Croutons (1/2 cup) Caesar salad dressing (1/2 cup)</p>
<p>Wednesday <a href="#">Slow cooker BBQ ribs</a></p>		<p><b>Pantry Staples</b></p> <p>Flour (1/4 cup) Breadcrumbs (1/4 cup) Olive oil (4 Tbs.) Brown sugar (1/2 tsp)</p>	
<p>Thursday <a href="#">Sweet potato black bean enchiladas</a></p>		<p><b>Bread/grains</b></p> <p>White or whole wheat flour tortillas (15-17 large) Brown rice (2 cups cooked)</p>	
<p>Friday <a href="#">Chicken Caesar wrap</a></p>			