

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Buttermilk Pancakes
Tuesday Slow Cooker Chicken Tikka Masala
Wednesday Coconut Curry Chicken and Veggie Bowls
Thursday Cheese Enchiladas
Friday Pesto chicken Caprese Flatbread

Produce

Garlic (1 clove)
Onion (1/2)
Jalapeno pepper (1/4 of a pepper)
Sweet potato (1 large)
Brussels sprouts (1 ½ cups)
Pomegranate (1)
Avocado (1)
Cabbage (1 cup)
Roma tomato (1)
Cherry tomatoes (1 cup)
Fresh basil (1/3 cup)
Fresh cilantro (optional for chicken tikka)

Canned goods

Unsweetened coconut milk (1- 13.5 oz. can + 1 cup)
Tomato sauce (3-8oz. cans)
[Red enchilada sauce](#) (20 oz.)

Meat

Chicken thighs (5-7 skinless)
Chicken tenders (6)

Dairy

Buttermilk (2 cups)
Eggs (2 large)
Butter (2 Tbs.)
Milk (2 Tbs.)
Shredded cheddar cheese (5-6 cups)
Cotija cheese (1/4 cup)
Sour cream for enchilada topping
Fresh mozzarella (4 oz.)
Grated parmesan (1/4 cup)

Other

Pecans (1/2 cups)
Pesto sauce (1 Tbs.)

Bread/Grains

Jasmine or basmati rice (4 cups)
White corn tortillas (12-14)
Flatbread (2 large)

Spices

Garam masala (or substitute paprika and cumin)
Curry powder
Onion powder
Garlic Powder
Crushed red pepper
Salt and pepper

Pantry Staples

Flour (2 cups)
Sugar (2 Tbs.)
Baking powder (1 ½ tsp.)
Baking soda (3/4 tsp.)
Salt (1/2 tsp.)
Olive oil (8 Tbs.)
Light brown sugar (2 tsp.)
Honey (1/4 cup)
Mustard (1 Tbs.)
Cornstarch (1/2 tsp)