

# Tastes Better *from* SCRATCH

## This Week's Meal Plan and Grocery List

Monday <a href="#">Southwest Egg Rolls</a>
Tuesday <a href="#">Thai Chicken Lettuce Wraps</a>
Wednesday <a href="#">Taco Soup</a>
Thursday <a href="#">Chicken Noodle Casserole</a>
Friday <a href="#">Slow Cooker Pot Roast</a>

Produce
Cilantro (1 bunch)
Garlic (8 cloves)
Yellow onion (1/2)
Carrot (1)
Cabbage (1/2 cup shredded – any type)
Green onions (3)
Ginger (1/2 tsp.)
Cilantro (1/4 cup chopped)
Romaine heart (1)

Pantry Staples
Oil (for pan frying)
Olive oil
Vegetable oil
Peanut butter (1 tablespoon)
Flour (1/2 cup)

Meat
Chicken breasts (6)
Lean ground beef (1 lb.)
Chuck roast (4-5 lb.)

Dairy & Eggs
Shredded cheddar cheese (1/2 cup)
Mozzarella cheese (2 cups grated)
Parmesan cheese (3/4 cups grated)
Cream cheese (6 oz.)
Sour cream (1/4 cup)
Butter (1/2 cup)
Cottage cheese (24 oz.)

Canned goods
Black beans (15 oz. can)
Corn (2-15 oz. cans)
Crushed tomatoes (28 oz. can)
Diced green chilies (4 oz. can)
Kidney beans (15 oz. can)
Black beans (15 oz. can)
Beef broth (2 cups)
Chicken broth (4 cups)
Cream of anything soup (2 cans or <a href="#">homemade</a> )

Bread/Grains
Egg noodles (12 oz.)

Spices
Garlic powder
Chili powder
Cumin
Oregano
Paprika
Dried basil
Onion powder
Crushed red pepper
Salt and pepper

Other
Egg Roll Wrappers (20)
Your favorite salsa (1/3 cup)
Sweet chili sauce (1/3 cup – found in Asian food aisle)
Soy sauce (2 tsp.)
Tortilla chips or fritos for taco soup
Topping for taco soup
Dried onion soup mix (1 envelope or <a href="#">homemade</a> )

