Tastes Better from Scratch™

Monday
Grilled Hawaiian Chicken Teriyaki Bowls
$16.62

Tuesday
Creamy Zuppa Toscana
$21.58

Wednesday
Black Bean Burger
$6.90

Thursday
Teriyaki Pasta Salad
$19.74

Friday
Chicken Chimichanga
$8.52

Produce
Zucchini (1)
Bell peppers (½ green bell pepper)
Pineapple (1/2)
Red onion (1 small)
Onion (2)
Sweet onion (2 tbs. chopped)
Garlic (6 clove)
Russet baking potatoes (2 large)
Kale (3 cups chopped)
Baby spinach (1 lb.)
Green onion (2)

Other
Coconut (1/2 cup)
Sesame oil (1 Tbs)
Dry roasted peanuts (1/2 cup)
Cranberries (1/2 cup)
Teriyaki sauce (1/2 cup or your favorite kind)
Any burger toppings
Chimichanga toppings

Pantry Staples
Light brown sugar (3/4 cup)
Honey (1 Tbs)
Rice (2 cups white or jasmine)
Soy sauce (1/2 cup)
Rice wine vinegar (1/2 cup)
Lime juice (2 tsp)
Canola Oil (1/2 cup)

Meat
Chicken Breasts (5)
Italian sausage (1 lb.)
Bacon (5 slices)
Cooked chicken (2 cups)

Bread/Pasta
Whole wheat bread crumbs (2/3 cup)
Farfalle (bowtie) pasta (1 lb.)
Burger buns (5)
Flour tortillas (6 large)

Canned goods
Coconut milk (1-13.5 oz can)
Chicken broth (4 ½ cups)
Black beans (16 oz. can)
Chipotle chilis in adobo sauce (1 small can or 2 small chilies + 1 tbs. sauce)
Water chestnuts (1 small can)
Mandarin oranges (1 can)
Refried beans (1 can)
Salsa (1/2 cup)

Dairy
Heavy Cream (1 cup)
Egg (1)
Mayonnaise (1 cup)
Shredded Cheese (1 cup)

Spices
Salt and pepper
Ground ginger
Chili powder
Cumin
Oregano

Weekly Total: $73.36