

Tastes Better *from* SCRATCH

<p>Monday: Thai Green Curry Meatballs \$9.32</p>	<p><u>Produce</u></p> <p>Fresh ginger (1 ½ tsp.) Cilantro (1 bunch) Garlic (8 clove) Green onions (2 stalks) Onion (1 1/2) Fresh poblano chilies (4) Jalapeño peppers (2) Tomatillos (1/5 lbs.) Sweet potato (1 large) Zucchini (1) Yellow squash (1) Broccoli (1 head) Lemon (1) Limes (2)</p>	<p><u>Dairy</u></p> <p>Eggs (3 large) Milk (1/2 cup.) Butter (7 Tbs.) Cream cheese (8 oz.) Sour cream (1/4 cup) Cottage cheese (1 cup) Shredded mozzarella (2 cups) Parmesan cheese (2/3 cup)</p>	<p><u>Other</u></p> <p>Thai green curry paste (3.5 Tbs.) Fish sauce (optional – 2 tsp.) Rice for serving with meatballs (any type) Corn Flakes cereal (4 ½ cups)</p> <p><u>Optional</u>- additional vegetables for roast chicken and vegetables, tortillas for chile verde, sides for popcorn chicken)</p>
<p>Tuesday: One Pan Roast Chicken and Vegetables \$12.02</p>	<p><u>Meat</u></p> <p>Lean ground turkey (1 lb.) Ground beef (1/2 lb.) Ground Italian sausage (1/2 lb.) Chicken breasts (2-3) Pork loin or shoulder (3 lbs.) Whole chicken or chicken pieces (2.5 lbs.)</p>	<p><u>Canned Goods</u></p> <p>Unsweetened coconut milk (2-13/5 oz. cans) Marinara sauce (24 oz. jar) Chicken broth (2 cups)</p>	<p><u>Bread/Grains</u></p> <p>Spaghetti noodles (16 oz.)</p>
<p>Wednesday: Million Dollar Spaghetti \$12.37</p>		<p><u>Pantry Staples</u></p> <p>Rolled oats (3/4 cup) Sugar (1/2 tsp.) Brown sugar (1 tsp.) Vegetable/canola oil (3 Tbs) Olive oil (1 Tbs.) Flour (1 cup)</p>	<p><u>Spices</u></p> <p>Garlic powder Paprika Cumin Oregano Dried rosemary Salt and pepper</p>
<p>Thursday: Pork Chile Verde \$19.50</p>			
<p>Friday: Baked Popcorn Chicken \$8.31</p>			
<p>Weekly Total: \$61.52</p>			