

Tastes Better *from* SCRATCH

Monday:

[Thai Green Curry](#)
[Meatballs](#)

Tuesday:

[One Pan Roast](#)
[Chicken and](#)
[Vegetables](#)

Wednesday:

[Million Dollar](#)
[Spaghetti](#)

Thursday:

[Pork Chile Verde](#)

Friday:

[Baked Popcorn](#)
[Chicken](#)

Produce

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)

Pantry Staples

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)

Bread/Grains

Spaghetti noodles (16 oz.)

Dairy

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)

Canned Goods

Unsweetened coconut milk (2-
13/5 oz. cans)
Marinara sauce (24 oz. jar)
Chicken broth (2 cups)

Spices

Garlic powder
Paprika
Cumin
Oregano
Dried rosemary
Salt and pepper

Meat

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.)

Other

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)

Optional- additional
vegetables for roast chicken
and vegetables, tortillas for
chile verde, sides for popcorn
chicken)