

Tastes Better *from* SCRATCH

Monday:

[Creamy Tomato and Spinach Tortellini](#)

Tuesday:

[Crispy BBQ Chicken Wraps](#)

Wednesday:

[Cajun Chicken and Sausage Kebabs](#)

Thursday:

[Grilled Fish Tacos](#)

Friday:

[Slow Cooker Lasagna](#)

Produce

Garlic (4 cloves)
Fresh spinach (1 ½ cups)
Fresh basil (1/4 cup chopped)
Fresh cilantro (1/4 cup)
Red onion (1 whole onion + ¼ cup chopped)
Large onion (1)
Bell pepper (3 of any color)
Zucchini (1)
Lime (2 small)

Pantry Staples

Flour (3 Tbs.)
Canola oil (4 Tbs.)
Olive oil (2 tsp.)
Worcestershire sauce (2 Tbs.)
Sugar (2 Tbs.)

Other

Cheese tortellini (20 oz. refrigerator)
BBQ sauce (1/2 cup or [homemade](#))
Siracha hot sauce (1 tsp)
Toppings for tacos ([pico de gallo](#), cojita cheese, shredded cabbage, cilantro, avocado, lime wedges, etc.)

Bread/Grains

Flour tortillas (4-5 large)
White corn tortillas (8)
Lasagna noodles (8 oz.)

Dairy

Butter (2 Tbs.)
Milk (1 ½ cups)
Heavy cream (1/2 cup)
Shredded parmesan cheese (1 cup)
Shredded cheddar cheese (2 cups)
Sour cream (1/2 cup)
Mayo (1/3 cup)
Shredded mozzarella cheese (4 cups)
Cottage cheese (1 ½ cups)

Canned Goods

Petite diced tomatoes (15 oz. can)
Tomato paste (6 oz. can)
Tomato sauce (29 oz. can)

Spices

Onion powder
Garlic powder
Paprika
Chili powder
Cumin
Thyme
Cayenne pepper
Oregano
Salt and pepper
Red pepper flakes
Italian seasoning
Parsley

Meat

Shredded chicken (2 cups – cooked or rotisserie)
Andouille sausage (12 oz.)
Chicken breasts (2)
Lean white fish (tilapia, halibut, mahi mahi, etc. – 1 lbs.)
Ground beef (1/2 lb.)
Italian Sausage (1/2 lb.)