Tastes Better from SCRATCH

Monday:
Chicken Chimichangas
$7.10

Tuesday:
Southwest Tortellini Pasta Salad
$11.66

Wednesday:
Chicken Gyro
$17.68

Thursday:
Baked Spaghetti Pie
$4.51

Friday:
Italian Grilled Cheese Sandwich
$3.79

Weekly Total: $44.75

Produce

Green onions (2)
Corn (1 cup fresh, frozen, or canned)
Red bell pepper (1)
Avocado (1)
Cherry tomatoes (1 ½ cups, plus more for serving in gyros)
Red onion (3/4)
Fresh cilantro (1/4 cup)
Limes (2)
Lemon juice (3 Tbs .)
Garlic (5 clove)
Romaine or Iceberg lettuce (1)
English Cucumber (1)
Fresh basil (1/2 cup)

Canned Goods

Refried beans (1 can)
Black beans (1 can)
Pasta sauce (1.5 cups)
Marinara sauce (1 cup or homemade)

Bread/Grains

Crusty French Baguette (1)
Flour Tortilla (6 large)
Pita or Flatbread (6)
Spaghetti Noodles (8 oz)

Meat

Cooked chicken (2 cups)
Chicken breasts (2 lbs.)

Spices

Cumin
Dry oregano leaves
Chili powder
Salt and pepper
Paprika (smoked or regular)
Ground turmeric
Ground coriander
Onion powder
Cinnamon
Crushed red pepper flakes
Kosher Salt
Dill

Other

Your favorite salsa (1/2 cup)

Salsa, sour cream, guac. (optional toppings for chimichangas)

Pantry Staples

Oil (3 Tbs.)
Olive oil (5 Tbs.)
Rice vinegar (2 Tbs.)
Sugar (1 tsp)

Refrigerated

Shredded cheese (cheddar or Mexican blend – 1 cup)
Mozzarella cheese (8 slices)
Cheddar cheese (8 slices)
Refrigerated three cheese tortellini (20 oz. pkg)
Plain Greek yogurt (1 cup)
Parmesan cheese (1 cup shredded)
Butter (5 Tbs.)
Egg (1)
Cottage cheese (1 cup)