

Tastes Better *from* SCRATCH

Monday:

[Healthy Chicken Pasta Salad](#)

Tuesday:

[Slow Cooker Ribs](#)

Wednesday:

[Caribbean Jerk Chicken Bowls](#)

Thursday:

[Baked Tacos](#)

Friday:

[Gourmet Baked Mac and Cheese with Bacon](#)

Produce

Baby spinach (4 oz.)
Green onions (2)
Orange (1)
Lemon (1)
Red bell pepper (1)
Avocado (2)
Mango (1)
Fresh pineapple (1/2 cup)
Lime juice (1 tsp)
Onion (1 small)
Garlic cloves (3)
Romaine heart (1)
Roma tomatoes (2)

Pantry Staples

Olive oil (4 Tbs)
Honey (5 Tbs.)
BBQ sauce (32 oz. or [homemade](#))
Ketchup (2 tsp)
Dijon mustard (5 tsp)
Sugar (1 tsp)
Flour (2 Tbs.)
Cornstarch (1 ½ tsp)
Chicken bouillon (1 ½ tsp)

Bread/Grains

Farfalle pasta (8oz.)
White rice (5-6 cups)
Elbow macaroni (or other bite size pasta – ½ lb.)
Panko bread crumbs (1/2 cup)

Refrigerated

Parmesan cheese (1 cup grated)
Shredded cheddar cheese (1 ½ cups)
Sharp cheddar cheese (2 cups)
Greek yogurt or mayonnaise (2 Tbs.)
Butter (2 Tbs.)
Milk (1 ½ cups)
Half and half (3/4 cup)
Salsa and sour cream (optional for topping tacos)

Canned Goods

Mandarin oranges (11 oz.)
Red beans (1 can)
Pinto beans (16 oz. can)
Chipotle pepper in adobo sauce (one small can or 1 pepper + 1 tsp sauce)
Tomato sauce (8 oz. can)

Meat

Cooked chicken (2 cups)
Chicken breasts (2)
Pork ribs (3-4 lbs. – I love baby back)
Ground beef (1 lb.)
Hickory Smoked Bacon (6 slices)

Spices

Jamaican jerk seasoning (1/4 cup)
Sea salt
Salt and pepper
Garlic powder
Onion powder
Brown sugar
Chili powder
Cumin
Ground coriander
Cumin
Parsley

Other

Craisins (1/2 cup)
Slivered almonds (1/3 cup)
Hard taco shells (20)
Sides for tacos – ([Mexican rice](#))
Sides for ribs ([mashed potatoes](#))