

Tastes Better *from* SCRATCH

Monday:

[Chicken Caesar Pasta Salad](#)

Tuesday:

[Creamy Tomato and Spinach Tortellini](#)

Wednesday:

[Chicken Fajita Foil Packets](#)

Thursday:

[Classic Tuna Pasta Salad](#) + [Tomato Basil Mozzarella Toasts](#)

Friday:

[Fresh Spring Rolls](#)

Produce

Romaine lettuce (4 cups)
Large English Cucumber (1 ½)
Carrot (2)
Green onion (1/4 cup)
Cherry tomatoes (2 cups)
Bell peppers (2 any color)
Onion (1 yellow or purple)
Red onion (1/4)
Garlic (3 cloves)
Spinach (1 ½ cups)
Roma tomatoes (4)
Celery ribs (2)
Frozen peas (1 cup)
Mangos (2)
Fresh mint leaves (1 bunch)
Fresh basil leaves (1 bunch)
Fresh cilantro (1 bunch)

Bread/Grains

Penne Pasta (6 oz.)
Croutons (1/2 cup)
Minute rice (brown or white – 1 ½ cups)
Crusty French Baguette (1)
Small flour tortillas for serving with fajitas (optional)
Small shell pasta (8 oz.)

Pantry Staples

Olive oil (2 Tbs.)
All-purpose flour (3 Tbs.)
Mayo (1/2 cup)
Peanut Butter (1/3 cup)
Soy sauce (1/2 tsp.)
Hoisin sauce (1/2 tsp)

Refrigerated

Shredded parmesan cheese (1 cup)
Refrigerator cheese tortellini (20 ounces)
Butter (2 Tbs.)
Milk (1 ½ cups)
Heavy cream (1/2 cup)
Fresh mozzarella cheese (8 oz.)
Plain Greek yogurt (1/2 cup)

Canned Goods

Petite diced tomatoes (15 oz. can)
Canned albacore white tuna, packed in water (7 oz.)

Meat

Chicken Breasts (4)
Small cooked shrimp (1 lb.)

Spices

Onion powder
Dried oregano
Ground black pepper
Red pepper flakes
Dill weed
Salt and pepper

Other

Caesar salad dressing
Fajita seasoning or taco seasoning (1 packet)
Tinfoil for fajita foil packets
[Spring Roll Rice Wrappers](#) (1 pkg. – found in Asian food section)
[Vermicelli rice noodles](#) (1 pkg. – found in Asian food section)
[Sweet chili sauce](#) (3/4 cup)

Guac., salsa, sour cream, cilantro, hot sauce- optional for serving with fajitas)