

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

<b>Monday</b> <a href="#">BBQ Chicken Tacos</a>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>Cherry tomatoes (1 cup)</li> <li>Red onion (1/3 cup)</li> <li>Sweet onion (1)</li> <li>Corn (15 ounce can)</li> <li>Avocado (1)</li> <li>Sweet onion (1/2)</li> <li>Bell peppers (2 any color, 1 red)</li> <li>Garlic (4 cloves)</li> <li>Frozen peas (3/4 cup)</li> <li>Fresh bean sprouts (1 cup)</li> <li>Green onions (3)</li> <li>Limes (2)</li> <li>Fresh cilantro (1 bunch)</li> <li>Celery (1 rib)</li> <li>Fresh lemon juice (2 tsp.)</li> <li>Lime juice (1 tbs.)</li> <li>Fresh parsley leaves (2 Tbs.)</li> </ul>		<p><b>Canned Goods</b></p> <ul style="list-style-type: none"> <li>Black beans (15 oz. can)</li> <li>Chicken broth (14.5 oz. can)</li> <li>Pineapple chunks (1 cup)</li> <li>Canned albacore white tuna, packed in water (5 oz.)</li> <li>Beef broth (1/4 cup)</li> <li>Crushed tomatoes (28 oz. can)</li> </ul>
<b>Tuesday</b> <a href="#">Pad Thai</a>	<p><b>Spices</b></p> <ul style="list-style-type: none"> <li>Dried oregano leaves</li> <li>Garlic salt</li> <li>Dried dill weed</li> <li>Dried parsley flakes</li> <li>Garlic powder</li> <li>Dried basil</li> <li>Crushed red pepper flakes</li> <li>Salt and pepper</li> </ul>	<p><b>Refrigerated</b></p> <ul style="list-style-type: none"> <li>Plain Greek yogurt (1/2 cup)</li> <li>Eggs (6)</li> <li>Butter (5 Tbs.)</li> <li>Milk (1 cup)</li> <li>Freshly grated parmesan cheese (1 cup)</li> <li>Provolone cheese (10 slices)</li> </ul> <p><b>Pantry Staples</b></p> <ul style="list-style-type: none"> <li>Vegetable or canola oil (1/2 cup)</li> <li>Soy sauce (3 Tbs.)</li> <li>Brown sugar (5 Tbs.)</li> <li>Rice vinegar (2 Tbs.)</li> <li>Creamy peanut butter (2 Tbs.)</li> <li>Cornstarch (2 cups)</li> <li>Sugar (1 cup + 1 tsp)</li> <li>Ketchup (1/2 cup)</li> <li>Apple cider vinegar (1 cup)</li> <li>All-purpose flour (1 cup)</li> </ul>	<p><b>Bread/Grains</b></p> <ul style="list-style-type: none"> <li>Corn tortillas (12-15)</li> <li>Cooked white rice (5 servings)</li> <li>Medium-size shell pasta (8oz.)</li> <li>Hoagies or sub rolls (5)</li> </ul>
<b>Wednesday</b> <a href="#">Sweet and Sour Chicken</a>	<p><b>Other</b></p> <ul style="list-style-type: none"> <li>Flat rice noodles (8oz)</li> <li>Dry roasted peanuts (1/2 cup)</li> <li>Fish sauce (3 Tbs.)</li> <li>Sriracha hot sauce (1 Tbs.)</li> <li>Ritz crackers (1/2 cup)</li> <li>Saltine crackers (1/2 cup)</li> </ul>	<p><b>Meat</b></p> <ul style="list-style-type: none"> <li>Chicken breasts (6)</li> <li>Uncooked shrimp, chicken <b>or</b> tofu (for pad Thai, 8 ounces)</li> <li>Ground beef (1 pound)</li> </ul>	
<b>Thursday</b> <a href="#">Tuna Noodle Casserole</a>			
<b>Friday</b> <a href="#">Italian Meatball Subs</a>			