

# Tastes Better *from* SCRATCH

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

<b>Monday</b> <a href="#">BBQ Chicken Tacos</a>	<p style="text-align: center;"><b>Produce</b></p> Cherry tomatoes (1 cup) Red onion (1/3 cup) Sweet onion (1) Corn (15 ounce can) Avocado (1) Sweet onion (1/2) Bell peppers (2 any color, 1 red) Garlic (4 cloves) Frozen peas (3/4 cup) Fresh bean sprouts (1 cup) Green onions (3) Limes (2) Fresh cilantro (1 bunch) Celery (1 rib) Fresh lemon juice (2 tsp.) Lime juice (1 tbs.) Fresh parsley leaves (2 Tbs.)	<p style="text-align: center;"><b>Refrigerated</b></p> Plain Greek yogurt (1/2 cup) Eggs (6) Butter (5 Tbs.) Milk (1 cup) Freshly grated parmesan cheese (1 cup) Provolone cheese (10 slices)	<p style="text-align: center;"><b>Canned Goods</b></p> Black beans (15 oz. can) Chicken broth (14.5 oz. can) Pineapple chunks (1 cup) Canned albacore white tuna, packed in water (5 oz.) Beef broth (1/4 cup) Crushed tomatoes (28 oz. can)
<b>Tuesday</b> <a href="#">Pad Thai</a>		<p style="text-align: center;"><b>Pantry Staples</b></p> Vegetable or canola oil (1/2 cup) Soy sauce (3 Tbs.) Brown sugar (5 Tbs.) Rice vinegar (2 Tbs.) Creamy peanut butter (2 Tbs.) Cornstarch (2 cups) Sugar (1 cup + 1 tsp) Ketchup (1/2 cup) Apple cider vinegar (1 cup) All-purpose flour (1 cup)	<p style="text-align: center;"><b>Bread/Grains</b></p> Corn tortillas (12-15) Cooked white rice (5 servings) Medium-size shell pasta (8oz.) Hoagies or sub rolls (5)
<b>Wednesday</b> <a href="#">Sweet and Sour Chicken</a>	<p style="text-align: center;"><b>Spices</b></p> Dried oregano leaves Garlic salt Dried dill weed Dried parsley flakes Garlic powder Dried basil Crushed red pepper flakes Salt and pepper	<p style="text-align: center;"><b>Other</b></p> Flat rice noodles (8oz) Dry roasted peanuts (1/2 cup) Fish sauce (3 Tbs.) Sriracha hot sauce (1 Tbs.) Ritz crackers (1/2 cup) Saltine crackers (1/2 cup)	<p style="text-align: center;"><b>Meat</b></p> Chicken breasts (6) Uncooked shrimp, chicken or tofu (for pad Thai, 8 ounces) Ground beef (1 pound)
<b>Thursday</b> <a href="#">Tuna Noodle Casserole</a>		<b>Friday</b> <a href="#">Italian Meatball Subs</a>	