

Tastes Better *from* SCRATCH

<p>Monday: Easy Grilled Chicken Burgers</p>	<p><u>Produce</u></p> <p>Avocado (1) Red onion (1/2) Onion (2 medium) Leafy green lettuce (4 leaves) Celery (1 bunch) Bell pepper (1 medium red or green) Green onion (3-4) Garlic (2 cloves) Lemon juice (1 tablespoon) Fresh basil leaves (1/4 cup)</p>	<p><u>Bread/Grains</u></p> <p>Hamburger buns (4) Spaghetti noodles (for spaghetti) Minute rice (1 cup) Corn flakes cereal (1 cup) Long grain white rice (1 cup) Flour tortillas (6 medium)</p>	<p><u>Meat</u></p> <p>Chicken Breasts (3-4) Ground beef (1 pound) Cooked Chicken (2 cups) Andouille sausage (1 lb.)</p>
<p>Tuesday: Homemade Spaghetti Sauce</p>	<p><u>Pantry Staples</u></p> <p>Olive oil (1 Tablespoon) Oil (1 tablespoon vegetable or canola) Worcestershire sauce (1 tablespoon) Sugar (2 Tbs) Mayonnaise (3/4 cup) All purpose-flour (2 tablespoons)</p>	<p><u>Refrigerated</u></p> <p>Provolone cheese (4 slices) Eggs (3 large) Butter (3 tablespoon) Mexican blend cheese (1/2 cup)</p>	<p><u>Spices</u></p> <p>Chili powder Garlic powder Onion powder Cumin Oregano Dried basil Cajun seasoning Italian seasoning Dried parsley flakes Crushed red pepper flakes</p>
<p>Wednesday: Chicken Casserole</p>	<p><u>Canned Goods</u></p> <p>Tomato sauce (15 oz) Tomato paste (6 oz) Diced tomatoes (14.5 oz can) Cream of chicken soup (10.5 oz can or homemade) Chicken broth (2 cups) Refried beans (16 oz can)</p>	<p><u>Other</u></p> <p>Slivered almonds (1/4 cup) Salsa (1 tablespoon + more for dipping) Mexican rice (optional for serving with burritos)</p>	
<p>Thursday: One Pan Jambalaya</p>			
<p>Friday: Crispy bean and Cheese Burrito</p>			