

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Marinated Grilled Chicken Tenders			
Tuesday Chicken Caesar Wrap	Produce Romaine lettuces (3 cups) Cherry tomatoes (2/3 cup) Caesar salad dressing (1/2 cup) Green bell pepper (1/2) Onion (1/2 small) Garlic (7 cloves) Lime juice (2 teaspoons) Yellow onion (1/2 cup)	Refrigerated Freshly grated parmesan cheese (1/4 cup) Egg (1 large) Swiss cheeses (16 slices)	Canned Goods Black beans (15 ounce can) Chipotle peppers in adobo sauce (2) Adobo sauce (1 Tablespoon) Low-sodium beef broth (2 1/3 cups) Tomato sauce (8 ounces)
Wednesday Black Bean Burger	Meat Chicken tenders (2 pounds) Cooked chicken (2 cups) Chuck roast (3 1/2 pounds) Ground beef (1 pound)	Pantry Staples Low-sodium soy sauce (5/8 cup) Oil (1/2 cup) Mayonnaise (1 cup) Olive oil (1 Tablespoon) Worcestershire sauces (3 Tablespoons) Ketchup (1/3 cup) Barbecue sauce (1/4 cup) Prepared yellow mustard (1 teaspoon)	Spices garlic powder (1 1/2 teaspoons) freshly ground black pepper chili powder (1 Tablespoon) cumin (1 teaspoon) salt and freshly ground black pepper dried oregano leaves (1/2 teaspoon) dried thyme (1/2 teaspoon)
Thursday Slow Cooker French Dip Sandwich	Bread/Grains Flour tortillas (5 large) Whole wheat breadcrumbs (2/3 cup) Hamburger buns (5) Hoagies or sub rolls (8)	Other Sprite (12 ounces) Horseradish (1 teaspoon) Croutons (1/2 cup) French onion soup mix (1 packet) Coke (1 cup)	Toppings and Garnishes desired burger toppings: lettuce, tomato, etc.
Friday Super Sloppy Joes			