

Tastes Better *from* SCRATCH

<p>Monday: Slow cooker chicken tacos</p>	<p><u>Produce</u> Fresh lime juice (3 tsp) Fresh basil leaves (1 ¼ cup) Cherry tomatoes (1 cup) Red bell pepper (1/2) Green onion (1) Corn (1 cups fresh or frozen) Garlic (3 clobes) Baby spinach leaves (1 ½ cups)</p>	<p><u>Refrigerated</u> Freshly grated parmesan cheese (2 cups) Butter (5 Tablespoons) Egg (1 large) Cottage cheese (1 cup) Fresh mozzarella cheese (4 oz) Freshly shredded cheddar cheese (1 ½ cups) Sour cream (1/2 cup) Cheese tortellini's (20 oz-refrigerated) Milk (1 ½ cups) Heavy whipping cream (1/2 cup)</p>	<p><u>Spices</u> Chili powder Onion powder Garlic powder Paprika Dried oregano leaves Cumin Dried parsley flakes Salt and pepper Crushed red pepper flakes</p>
<p>Tuesday: Spaghetti pie</p>	<p><u>Bread/Grains</u> Spaghetti noodles (8 oz) Flatbread (2 large) Cooked rice (1 cup) Flour tortillas (6-8)</p>	<p><u>Meat</u> Boneless, skinless chicken breasts (1 lb.) Cooked chicken (1/2 cup) Ground beef (1 lb)</p>	<p><u>Cans and Jars</u> Chicken broth (1-14.5oz cans) Marinara pasta sauce (24oz jars or homemade) Pesto sauce (1 tablespoon) Black beans (15 oz can) Petite diced tomatoes (15 oz can)</p>
<p>Wednesday: Pesto chicken flatbread</p>	<p><u>Pantry Staples</u> Olive oil (2 Tablespoons) Balsamic vinegar All-purpose flour (3 Tablespoons)</p>		<p><u>Other</u> Italian salad dressing (1/3 cup)</p>
<p>Thursday: Creamy Tomato and Spinach Tortellini</p>			
<p>Friday: Crispy southwest wrap</p>			