

# Tastes Better *from* SCRATCH

Monday: <a href="#">Hibachi Chicken</a> \$12.17
Tuesday: <a href="#">Homemade Taquitos</a> \$17.15
Wednesday: <a href="#">Chick-Fil-A Crispy Chicken Sandwich</a> <a href="#">Copycat</a> \$6.94
Thursday: <a href="#">Tuna Melts</a> \$5.46
Friday: <a href="#">Manicotti</a> \$12.24

**Weekly Total: \$53.96**

<u>Produce</u>	<u>Bread/Grains</u>	<u>Other</u>
Minced Garlic Zucchini (2) Onion (1) Crimini Mushrooms (1, 8oz. package) Lemon Juice (1 Tbs.) Guacamole (for serving Taquitos) Red Onion (1/2) Avocado (optional Tuna Melt) Tomato (optional Tuna Melt) Garlic (3 cloves) Fresh Parsley (2 Tbs.) Fresh Parsley (1/4 cup)	Rice (for serving with Hibachi Chicken) Hamburger Buns (4) Corn Tortillas (20) Crusty Bread (4 slices) No-Boil Lasagna Noodles (16)	Sesame Oil (2 tsp.) Hibachi Sauce (Yum Yum Sauce) Pickle Juice (1/2 cup) Pickle, lettuce, tomato and cheese slices (toppings for chicken sandwich) BBQ Sauce (2 tsp. hickory is best)
	<u>Spices</u>	
	Salt and Pepper Paprika Garlic Powder Chili Powder Cayenne Pepper Cumin Dry Minced Onion Powder Oregano leaves Red Pepper Flake Basil Dried Parsley	<u>Meat</u>
		Chicken Breast (5 Lbs.) Beef Chuck Roast (2.5-4 Lbs.)
<u>Pantry Staples</u>	<u>Canned Goods</u>	<u>Refrigerated</u>
Vegetable Oil (plenty for frying) Soy Sauce Ketchup (1 Tbs.) Rice Vinegar (1 Tbs.) Flour (1 cup) Powdered Sugar (3 Tbs.) Baking Powder (1/2 tsp.) Dijon Mustard (1 tsp.) Yellow Mustard (3 tsp.) Honey (2 Tbs.) Extra Virgin Olive Oil (2 Tbs.)	Beef Broth (14 oz. can) Salsa (1/2 cup with extra for serving) Albacore White Tuna (12 oz. can) Crushed Tomatoes (2, 28 oz. cans)	Butter (2 Tbs.) Hellmann's Mayo (1 3/4 cup) Milk (1/2 cup) Egg (3 large) Sour Cream (for serving Taquitos) Shredded Cheese (serving for Taquitos) Sliced Cheese (4 slices) Part Skim Ricotta (3 cups) Parmesan Cheese (4 oz. grated) Mozzarella (8 oz. shredded)