

Tastes Better *from* SCRATCH

<p>Monday: Sweet Pork Burrito Bowl</p>	<p><u>Produce</u></p> <p>Garlic (7 cloves) Lemon Juice (2 Tbs.) Parsley (optional for garnish) Lemon (1) Butternut Squash (1 small) Sweet Potato (2 small) Onion (3 medium) Celery (2 ribs) Carrots (3) Fresh Thyme (1 tsp. chopped) Fresh Rosemary (1 tsp. chopped) Yukon Gold Potatoes (2 ½ Lbs.) Peas (1/2 cup fresh or frozen) Serrano Peppers (3-4 whole) Lettuce (1 head)</p>	<p><u>Other</u></p> <p>Beef Bouillon (1 cube) Worcestershire Sauce (2 Tbs.) Coke (3 cups) Tomato Bouillon (2 cubes) Salsa or Pico De Gallo (1 container) or Homemade</p> <p><u>Refrigerated</u></p> <p>Butter (3 sticks) Cottage Cheese (24 oz.) Egg (1 Lg.) Shredded Mozzarella (2 cups) Freshly Grated Parmesan (1 1/4 Cup) Sour Cream (1/4 cup) Milk (1/2 cup) Shredded Cheddar Cheese (1/2 cup)</p>	<p><u>Spices</u></p> <p>Salt and Pepper Cajun Seasoning Dried Dill Garlic Powder Dried Basil Fennel Seeds Cumin Seeds Bay Leaves</p>
<p>Tuesday: Cottage Pie</p>	<p><u>Pantry Staples</u></p> <p>Honey (1 tsp) Olive Oil (1 Tbs.) All Purpose Flour (3/4 cup) Brown Sugar (1/2 cup) Oil (1/4 cup vegetable or canola)</p>	<p><u>Meat</u></p> <p>Salmon Fillet (2 lbs.) Chicken (Cooked 4 cups) Italian Sausage (1 pound ground) Lean Ground Beef (1 Lb.) Ground Sausage (1 Lb.) Pork Shoulder (2-4 Lbs.)</p>	<p><u>Bread/Grains</u></p> <p>Egg Noodles (12 oz.) Long Grain White Rice (1 ½ cup)</p> <p><u>Canned Goods</u></p> <p>Low Sodium Chicken Broth (9 ¼ cups) Diced Tomatoes (14.5 oz. can) Tomato Paste (4 Tbs.) Garbanzo Beans (15 oz. can) Beef Stock (3 cups) Diced Green Chiles (1 can) Red Enchilada Sauce (10 oz.) or homemade Black or Pinto Beans (1 can)</p>
<p>Wednesday: Autumn Butternut Squash and Sweet Potato Soup</p>			
<p>Thursday: Chicken Noodle Casserole</p>			
<p>Friday: Baked Salmon</p>			