

# Tastes Better *from* SCRATCH

Monday: <a href="#">Marinated Steak Kebabs</a> \$15.90
Tuesday: <a href="#">Honey Mustard Chicken Salad</a> \$10.32
Wednesday: <a href="#">Mini Meatloaf</a> \$9.62
Thursday: <a href="#">Thai Chicken Lettuce Wraps</a> \$9.33
Friday: <a href="#">Ham Asparagus Rolls</a> \$7.81

**Weekly Total- \$52.98**

<u>Produce</u>	<u>Bread/Grains</u>	<u>Meat</u>
Garlic (6 cloves)	Corn Flake Cereal (2 cups)	Top Sirloin Steak (1 ½ Lbs.)
Bell Peppers (2)		Chicken Tenders (4)
Sweet Purple Onion (1)	<u>Pantry Staples</u>	Lean ground beef (1 ½ Lbs.)
Lemon Juice (2 Tbs.)	Oil (1/2 cup)	Boneless Skinless Chicken
Scallion (1)	Light Mayonnaise (1 cup)	Breasts (1/2 Lbs.)
Green Salad (large , serve 4)	Honey (4 Tbs.)	Ham (8 slices, thin fully
Onion (2)	Barbecue Sauce (1 Tb) or <a href="#">homemade</a>	cooked)
Carrot (1)	Mustard (1 Tb.)	<u>Spices</u>
Cabbage (1/2 cup shredded)	Light Brown Sugar (1/3 cup)	Dried Onion Flakes
Green Onions (3)	Ketchup (1/2 cup)	Salt and Pepper
Ginger (1/2 tsp. grated)	Olive Oil (2 tsp.)	Garlic Powder
Fresh Cilantro (1 Bunch)	Peanut Butter (1 heaping Tbs.)	Chili Powder
Lettuce (1 head Boston Bib or Romaine)	All Purpose Flour (1 Tbs.)	Nutmeg
Fresh Asparagus Spears (24)	<u>Other</u>	Crushed Red Pepper Flakes
<u>Refrigerated</u>	Low Sodium Soy Sauce (3/4 cup)	
Egg (1)	Peach Juice (1/2 cup)	
Butter (1 Tbs.)	Wooden or Bamboo Skewers	
Milk (3/4 cup)	Dijon Mustard (5 Tbs.)	
Shredded Cheddar Cheese (1/2 cup)	Panko Bread Crumbs (2/3 cup)	
	Sweet Chili Sauce (1/2 c.)	