

# Tastes Better *from* SCRATCH

Monday: <a href="#">Lasagna Soup</a> \$17.07
Tuesday: <a href="#">Healthy Chicken Salad</a> <a href="#">Lettuce Wraps</a> \$8.62
Wednesday: <a href="#">New Orleans Gumbo</a> \$28.44
Thursday: <a href="#">Sheet Pan Chicken</a> <a href="#">Fajitas</a> \$13.85
Friday: <a href="#">One Pan Skinny</a> <a href="#">Chicken Alfredo</a> \$5.98

**Weekly Total- \$73.96**

<u>Produce</u>	<u>Bread/Grains</u>	<u>Spices</u>
Yellow Onion (2) Garlic (10 cloves) Spinach Leaves (2 cups) Fresh Basil (optional for lasagna soup) Celery (1 bunch and 2 stalks) Red Onion (½) Grapes (½ cup) Apple (1) Lemon Juice (1 tsp.) Boston Bib Lettuce (1 head) Green Bell Pepper (1) Green Onion (1 bunch) Parsley Leaves (1 bunch) Mixed Bell Peppers (3) Lime (1) Cilantro (¼ cup)	Lasagna Noodles (9) White Rice (to serve with Gumbo) Flour Tortillas (8-10 small) Farfalle Pasta (6 oz.)	Salt and Pepper Red Pepper Flake Parsley Oregano Basil Garlic Powder Cajun Seasoning Chili Powder Paprika Cumin Onion Powder Cayenne Powder
	<u>Refrigerated</u>	
	Ricotta Cheese (10 oz.) Mozzarella (1 cup shredded) Grated Parmesan (1 ½ cups) Plain Greek Yogurt (1/3 cup) Fat Free Milk (1 ¾ cups)	
	<u>Meat</u>	<u>Pantry Staples</u>
	Ground Beef (½ Lb.) Italian Sausage (½ lb.) Chicken Breasts (3 Lbs.) Andouille Sausage (12 oz.) Rotisserie Chicken (1) Shrimp (1 cups precooked)	Olive Oil Mayonnaise (2 Tbs.) Flour Oil (vegetable or canola)
<u>Other</u>		<u>Canned Goods</u>
Dried Cranberries (¼ cup) Almonds (¼ cup) Desired Fajita Toppings: Sour cream, avocado, Pico de Gallo, shredded cheese, etc.		Tomato Paste (2 Tbs.) Marinara Sauce (24 oz.) or <a href="#">HOMEMADE</a> Chicken Broth (17 cups)