

Tastes Better *from* SCRATCH

<p>Monday: Lasagna Soup</p>	<p style="text-align: center;"><u>Produce</u></p> <p>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)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Lasagna Noodles (9) White Rice (to serve with Gumbo) Flour Tortillas (8-10 small) Farfalle Pasta (6 oz.)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Salt and Pepper Red Pepper Flake Parsley Oregano Basil Garlic Powder Cajun Seasoning Chili Powder Paprika Cumin Onion Powder Cayenne Powder</p>
<p>Tuesday: Healthy Chicken Salad Lettuce Wraps</p>	<p style="text-align: center;"><u>Other</u></p> <p>Dried Cranberries (¼ cup) Almonds (¼ cup) Desired Fajita Toppings: Sour cream, avocado, Pico de Gallo, shredded cheese, etc.</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>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)</p>	<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive Oil Mayonnaise (2 Tbs.) Flour Oil (vegetable or canola)</p>
<p>Wednesday: New Orleans Gumbo</p>		<p style="text-align: center;"><u>Meat</u></p> <p>Ground Beef (½ Lb.) Italian Sausage (½ lb.) Chicken Breasts (3 Lbs.) Andouille Sausage (12 oz.) Rotisserie Chicken (1) Shrimp (1 cups precooked)</p>	<p style="text-align: center;"><u>Canned Goods</u></p> <p>Tomato Paste (2 Tbs.) Marinara Sauce (24 oz.) or HOMEMADE Chicken Broth (17 cups)</p>
<p>Thursday: Sheet Pan Chicken Fajitas</p>			
<p>Friday: One Pan Skinny Chicken Alfredo</p>			