

Tastes Better *from* SCRATCH

<p>Monday: Tostadas</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Onion (¼) Lettuce (½ head) Avocado (1) Garlic (5 cloves) Cabbage (1 ½ cups shredded) Carrots (2 cups shredded) Celery (2 ribs) Green Onion (4) Bean Sprouts (1 cup) Grated Ginger (2 tsp.) Fresh Chopped Herbs (optional) Coleslaw (2 cups)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Tostada Shells (10) Hoagie or Sub Rolls (8) Ziti Pasta Noodles (16 oz.) Corn Flakes Cereal (2 ¼ cups) Flour Tortillas (4 large)</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Ground Beef (1 lb.) Chuck Roast (3.5 Lbs.) Chicken Breasts (2 lbs.) Meatballs (1 package fully cooked)</p>
<p>Tuesday: Slow Cooker French Dip Sandwiches</p>	<p style="text-align: center;"><u>Other</u></p> <p>Salsa (topping) French Onion Soup Mix (1 packet) Coke (1 cup not diet) Worcestershire (1 Tbs.) Soy Sauce (1/2 cup) Sesame Oil (1 ½ tsp.) Oyster Sauce (1 Tbs.) BBQ sauce (1 cup) Sriracha Hot Sauce (optional)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Queso Fresco (for topping tostadas, can sub other cheese) Mexican Crema (or sour cream) Swiss Cheese (16 slices) Yaki-Sobi Noodles (1 Lb.) Milk (1 1/4 cup) Mozzarella (2 cups shredded) Parmesan Cheese (optional) Egg (1) Shredded Cheddar (1 ½ cups)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Chili Powder Cumin Paprika Salt and Pepper Garlic Powder Oregano Thyme Onion Powder</p>
<p>Wednesday: Chinese Chow Mein</p>		<p style="text-align: center;"><u>Canned Goods</u></p> <p>Refried Beans (1 can) Beef Broth (2 1/3 cups) Marinara Sauce (24 oz.) or Homemade</p>	<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive Oil Oil Light Brown Sugar Cornstarch Flour Honey (1/4 cup) Ketchup</p>
<p>Thursday: One Pan Meatball Casserole</p>			
<p>Friday: Honey BBQ Chicken Wraps</p>			