

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Chicken Quesadilla</a></p>	<p><u>Produce</u> Garlic (3 heads and 2 cloves) Sweet Potato (2 medium) Bell Pepper (2 any color) Cilantro (1 bunch) Avocado (1) Fresh Thyme (6 sprigs) Zucchini (1) Cherry Tomatoes (1 cup) Red Onion (1/2) Baby Broccoli (bunch)</p>	<p><u>Refrigerated</u> Shredded Cheddar cheese (5 cups, can sub Mont Jack) Butter (1 ½ cups) Cheese (8 oz. swiss or cheddar) Mozzarella Cheese (1/2 cup)</p>	<p><u>Meat</u> Chicken Breast (2 Lbs) Chicken Thighs (6-8) Sliced Ham (12 slices)</p>
<p>Tuesday: <a href="#">Vegetarian Enchiladas</a></p>	<p><u>Bread/Grains</u> Flour Tortillas (4, 8inch) Brown Rice (2 cups cooked) Large Flour Tortillas (10-12) Slider Rolls (12)</p>	<p><u>Spices</u> Cumin Chili Powder Salt and Pepper Oregano Bay Leaf Dry Minced Onion</p>	<p><u>Other</u> Hot Sauce Salsa, Sour Cream, Guacamole (optional toppings for quesadillas) White Wine (1/2 cup, can leave out) Dijon (2 tsp.) Worcestershire (2 tsp.)</p>
<p>Wednesday: <a href="#">Chicken with 40 Clove Garlic</a></p>	<p><u>Pantry Staples</u> Oil (1/2 cup) Flour Olive Oil Cornstarch (2 tsp.)</p>	<p><u>Canned Goods</u> Chicken Stock (3 1/4 cup) Beef Broth (2 cups) Tomato Sauce (2 ½ cups) Black Beans (15 oz. can) Pesto (1/2 cup)</p>	
<p>Thursday: <a href="#">Ham and Cheese Sliders</a></p>			
<p>Friday: <a href="#">One Pan Pesto Chicken and Veggies</a></p>			