

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Buffalo Chicken Wraps</a></p>	<p><u>Produce</u></p> <p>Romaine Lettuce (2 cups chopped) Carrot (1/2 cup shredded) Avocado (1/2) Garlic (4 cloves) Onions (4) Orange (2) Lime (2) Cherry Tomatoes (1 ½ cups) Green Onions (3) Basil Leaves (6-8 fresh leaves) Broccoli Florets (2 cups) Lemon Juice (2 tsp.)</p>	<p><u>Bread/Grains</u></p> <p>Flour Tortillas (4 large) Tortillas for serving Carnitas Egg Noodles (1 pkg.) Rice (2 cups)</p>	<p><u>Pantry Staples</u></p> <p>Olive Oil Vegetable Oil Vinegar (1 tsp.) Mayonnaise (1 cup)</p>
<p>Tuesday: <a href="#">Pork Carnitas</a></p>	<p><u>Refrigerated</u></p> <p>Cheddar (1/2 cup) Sour Cream (1/4 cup) Three Cheese Refrigerated Tortellini (20 oz.) Parmesan Cheese (2/3 cup)</p>	<p><u>Other</u></p> <p>Franks Hot Sauce (1/2 cup) Blue Cheese or Ranch Dressing (1/2 cup) Beef Bouillon Paste (2 tsp.) Caesar Salad Dressing (2/3 cup) Sunflower Seeds (1/3 cup)</p>	<p><u>Spices</u></p> <p>Paprika Garlic Powder Salt and Pepper Chili Powder Cumin Oregano Hungarian Sweet Paprika (3 Tbs.) Curry Powder (1 tsp.)</p>
<p>Wednesday: <a href="#">Porkolt (Hungarian Stew)</a></p>			
<p>Thursday: <a href="#">Creamy Pesto Tortellini Pasta Salad</a></p>			
<p>Friday: <a href="#">Chicken Divan</a></p>		<p><u>Canned Goods</u></p> <p>Tomato Sauce (8 oz.) Black Olives (6 oz.) Basil Pesto (¼ cup) Cream of Chicken Soup (2 cans)</p>	<p><u>Meat</u></p> <p>Chicken Breast (1 Lb.) Pork Shoulder (4 Lbs.) Chuck Roast (2 Lbs.) Chicken Tenders (7)</p>