

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Fajitas</a></p>	<p><u>Produce</u></p> <p>Garlic (8 cloves) Lime (2) Bell Peppers (3 any color) Onion (1 large red or yellow) Jalapeno Pepper (1/2 pepper) Cilantro leaves ( ¼ cup) Shredded Cabbage (2 cups) Fresh veggies for Cajun pasta Lettuce (opt. for egg salad) Tomato (1 opt. for egg salad)</p>	<p><u>Spices</u></p> <p>Chili Powder Cumin Smoked Paprika Oregano Salt and Pepper Cajun Seasoning Onion Powder Garlic Powder Cayenne</p>	<p><u>Refrigerated</u></p> <p>Butter (2 Tbs.) Cream Cheese (4 oz.) Milk (3 ½ cups) Parmesan Cheese (3/4 cup grated) Eggs (6 large) Mayonnaise (4 Tbs.) Plain Greek Yogurt (3/4 cup)</p>
<p>Tuesday: <a href="#">Easy Cajun Chicken Pasta</a></p>	<p><u>Pantry Staples</u></p> <p>Oil (3 Tbs.) Yellow Mustard (1 tsp.) Cornstarch (3 Tbs.) Olive Oil (1/4 cup) White vinegar ( ½ Tbs.)</p>	<p><u>Other</u></p> <p>Chicken Bouillon paste (2 tsp.)</p> <p>Toppings for Hawaiian Haystacks (Pineapple, chow mein noodles, cheese, olives, tomatoes, coconut, etc.) Liquid Smoke (optional)</p>	<p><u>Bread/Grains</u></p> <p>Flour tortillas (fajitas) Farfalle pasta (8 oz.) Sandwich Bread Rice Corn Tortillas (10-12 small)</p>
<p>Wednesday: <a href="#">Egg Salad Sandwich</a></p>	<p><u>Meat</u></p> <p>1 ½ Lbs. meat for fajitas (steak, chicken or shrimp) Chicken Breasts (2 Lb.) Shrimp (1 ½ lbs.)</p>	<p>Toppings for fajitas and Shrimp Tacos (salsa, pico de gallo, guacamole, avocado, sour cream, cilantro)</p>	
<p>Thursday: <a href="#">Hawaiian Haystack</a></p>			
<p>Friday: <a href="#">Shrimp Tacos</a></p>			