

Tastes Better *from* SCRATCH

Monday: Taco Salad \$17.08
Tuesday: Chicken Gyro \$17.68
Wednesday: Easy Grilled Pizza \$7.12 (cheese only)
Thursday: BBQ Pulled Pork Sandwich \$20.89
Friday: Pollo Fundido \$9.31

Weekly Cost: \$72.08

<p style="text-align: center;"><u>Produce</u></p> <p>Romaine Lettuce (2 heads) Lemon Juice (3 Tbs.) Garlic (4 cloves) English Cucumber (1) Cherry Tomatoes (1 cup) Red Onion (1/2) Broccoli Slaw (1 bag) Red Bell Pepper (½) Green Onion (1) Mango (½ cup diced) Pineapple (½ cup diced)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Flour Tortillas (6, 8 inch) Flour Tortillas (burrito size, 6) Pita or Flatbread (6) Homemade Pizza Dough or Store Bought Slider buns or Rolls (10-12)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Smoked Paprika Cumin Turmeric Coriander Kosher Salt Pepper Onion Powder Cinnamon Crushed Red Pepper Dill Chili Powder Garlic Powder Oregano</p>
<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive Oil Vegetable Oil Brown Sugar (1 Tbs.) Cider Vinegar (1 Tbs.) Dijon Mustard (1 tsp.) Sugar (1 Tbs.)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Plain Yogurt (1 cup) Mayonnaise (3 Tbs.) Shredded Cheese (1 ½ cups) Cream Cheese (4 oz.) Sour Cream (1/2 cup) Milk (2 Tbs.)</p>	<p style="text-align: center;"><u>Other</u></p> <p>Taco Seasoning (2 Tbs.)</p> <p>Toppings for Taco Salad- cherry tomato, olives, cheese, onion, salsa, sour cream, etc.</p> <p>Toppings for Pizza: Cheese, Pepperoni, Meat, veggies, Etc.</p>
<p style="text-align: center;"><u>Meat</u></p> <p>Ground Beef (1 Lb.) Chicken Breasts (2 Lbs.) Pork Shoulder (4 Lbs.) Cooked Shredded Chicken (3 cups)</p>	<p style="text-align: center;"><u>Canned Goods</u></p> <p>Black Beans (1 can) Corn (1 cup) Pizza Sauce (Homemade here) Coke (12 oz.) BBQ sauce (2 cups) Salsa (¾ cup) Diced jalapenos (2-3 Tbs. canned)</p>	