

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Turkey Burgers</a> \$5.53</p> <p>Tuesday: <a href="#">Walking Tacos</a> \$12.34</p> <p>Wednesday: <a href="#">Teriyaki Pasta Salad</a> \$16.45</p> <p>Thursday: <a href="#">Crispy Southwest Wraps</a> \$11.82</p> <p>Friday: <a href="#">Sweet and Sour Chicken</a> \$10.71</p>	<p><u>Produce</u></p> <p>Garlic (1 tsp.) Celery (1 rib) Yellow Onion (1/2) Romaine (1 heart) Tomato (1 large) Avocado (1) Baby Spinach (1 lb.) Sweet Onion (1/2) Red Bell Pepper (1/2) Green Onion (1)</p>	<p><u>Bread/Grains</u></p> <p>Bread Crumbs (1/3 cup) Hamburger Buns (4) Farfalle Pasta (16 oz.) Rice (1 cup cooked) Large Flour Tortillas (6-8)</p>	<p><u>Meat</u></p> <p>Ground Turkey (1 Lb.) Ground Beef (1 1/2 lb.) Chicken Breasts (1 lb.)</p>	
	<p><u>Spices</u></p> <p>Garlic Powder Onion Powder Salt and Pepper Chili Powder Crushed Red Pepper Flakes Oregano Paprika Cumin</p>	<p><u>Pantry Staples</u></p> <p>Ketchup Dijon Mustard Worcestershire Sauce Canola Oil Rice Wine Vinegar (1/4 cup)</p>	<p><u>Refrigerated</u></p> <p>Egg (1) Shredded Cheddar (2 1/2 cups) Sour Cream (1 ½ cups plus extra for topping tacos) Frozen Corn (1 cup)</p>	<p><u>Other</u></p> <p>Condiments for Burgers Salsa (topping tacos) Fritos (5, 1 oz. bags) Dry Roasted Peanuts (1/2 cup) Dried Cranberries (1/2 cup) Teriyaki Sauce (1/2 cup)</p>
		<p><u>Canned Goods</u></p> <p>Crushed Tomatoes (14.5 oz. can) Chili Beans (16 oz.) Sliced Olives (small can) Mandarin Oranges (1 oz. can) Black Beans (15 oz. can)</p>		

**Weekly Cost- \$56.85**