

Tastes Better *from* SCRATCH

Monday: Shredded Beef Enchiladas \$20.46	<u>Produce</u> Garlic (8 cloves) Roma Tomatoes (2 Lbs.) Fresh Basil (1 cup chopped) Lemon Juice (3 Tbs.) Onion (1) Green Bell Pepper (1) Red Bell Pepper (2) Baby Spinach Zucchini (1/2) Purple Onion Cherry Tomatoes (handful)	<u>Bread/Grains</u> Flour Tortillas (10-12) Think White Sandwich Bread (8 slices) Spaghetti (12 oz.) Penne (8 oz.) Pizza Dough (1 or homemade)	<u>Meat</u> Chuck Roast (2 ½ lb.) Ham (5 oz. sliced) Chicken Breasts (1 Lb.)
Tuesday: Croque Monsieur \$10.10		<u>Canned Goods</u> Beef Broth (2 cups) Chicken Broth (2 cups) Diced Tomatoes (14.5 oz. can)	<u>Refrigerated</u> Cheddar (1 cup shredded) Monterey Jack (1 cup) Gruyere Cheese (6 oz.) Parmesan Cheese (¾ cup) Milk (1/2 cup) Pesto (½ cup) Mozzarella (1 cup)
Wednesday: Tomato Basil Pasta \$6.55		<u>Other</u> Salsa (1 cup) Dijon Mustard (1/4 tsp.) Optional: Salsa and Sour Cream (Fajita Pasta) Optional: additional toppings for pizza	<u>Spices</u> Salt and Pepper Cumin Onion Powder Garlic Powder Oregano Nutmeg
Thursday: Chicken Fajita Pasta \$9.49	<u>Pantry Staples</u> Cornstarch (2 Tbs.) Butter (1/4 cup) Whole Milk (1 ½ cup) Olive Oil Oil		
Friday: Veggie Pizza \$14.94			

Weekly Total- 61.54