

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Chicken Taquitos</a> \$6.70</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Cumin Garlic Powder Chili Powder Cayenne Pepper Garam Masala Turmeric Ground Coriander Smoked Paprika Paprika Oregano Whole Peppercorns Bay leaf (1) Whole Cloves (2) Cinnamon Stick (1) Salt and Pepper</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Corn Tortillas (15-20) Basmati Rice (enough for Tikka and Mongolian beef) Naan Bread (8 slices)</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Shredded Cooked Chicken (2 cups) Chicken Thighs (2 lbs.) Ham (4 slices) Flank Steak (1 Lb.) Chicken Breasts (2-3 breasts)</p>
<p>Tuesday: <a href="#">Chicken Tikka Masala</a> \$21.16</p>		<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive Oil Canola Oil Honey (2 Tbs.) Dijon (1 Tbs.) Cornstarch (1/2 cup) Brown Sugar (1/2 cup)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Cream Cheese (6 oz.) Cheddar (1 cup) Plain Yogurt (½ cup) Butter (2 Tbs.) Cheddar Cheese (8 slices) Frozen Corn (1 cup)</p>
<p>Wednesday: <a href="#">Grilled Ham and Cheese</a> \$4.47</p>	<p style="text-align: center;"><u>Other</u></p> <p>Optional: toppings for taquitos Hot Sauce (1 tsp.) Soy Sauce (½ cup) Toppings for soup: Cilantro, cheese, sour cream, avocado, tortilla chips etc.</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Spinach Leaves (1 cup) Garlic (15 cloves) Ginger (3 inches) Lime Juice (2 Tbs.) Yellow Onion (2) Cilantro (¾ cup) Birds Eye Chili or Jalapeno (1) Green Onions (1 bunch) Bell Pepper (1 any color)</p>	<p style="text-align: center;"><u>Canned Goods</u></p> <p>Salsa (1/4 cup) Diced Tomatoes (2- 14 oz. cans) Tomato Sauce (½ cup) Coconut Milk (1 cup) Mayo (½ cup) Diced Green Chilies (4 oz. can) Chicken Broth (5 cups) Black Beans (15 oz. can)</p>
<p>Thursday: <a href="#">Mongolian Beef</a> \$10.83</p>		<p>Friday: <a href="#">Chicken Tortilla Soup</a> \$12.82</p>	

**Weekly Total- \$55.98**