

# Tastes Better *from* SCRATCH

<p>Monday:  <a href="#">Baked Salmon</a>          \$12.38</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Garlic (11 cloves)          Lemon Juice (2 Tbs.)          Fresh Parsley (optional as garnish)          Lemon (3)          Zucchini (1)          Yellow Squash (1)          Grape Tomatoes (1 cup)          Green Onion (1/4 cup chopped extra optional for Taco Soup)          Avocado (optional)          Cilantro (optional)          Fresh Ginger Root (2 Tbs.)          Green Leafy Lettuce (1 large bunch)          Red Cabbage (2 cups finely chopped)          Cucumber (1/2)          Carrot (1)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Butter (1 3/4 sticks)          Parmesan Cheese (1 cup)          Sour Cream (optional)          Shredded Cheese (optional)          Egg (1 large)          Heavy Whipping Cream (3/4 cups)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Salt and Pepper          Cajun Seasoning          Dried Dill (1 Tbs.)          Garlic Powder (1 tsp.)          Italian Seasoning (1 tsp.)          Chili Powder (2 tsp.)          Cumin (1 tsp.)          Oregano (1/2 tsp.)          Paprika (1/2 tsp.)          Onion Powder (1/2 tsp.)</p>	
<p>Tuesday:  <a href="#">One Pan Garlic Parmesan Chicken and Vegetables</a>          \$10.40</p>		<p style="text-align: center;"><u>Canned Goods</u></p> <p>Low Sodium Chicken Broth (1 1/4 cup)          Crushed Tomatoes (28 oz. can)          Diced Green Chiles (4 oz. can)          Kidney Beans (15 oz. can)          Black Beans (15 oz. can)          Corn (17 oz. can)          Low-Sodium Beef Broth (2 cups)          Mandarin Oranges (1 oz. can)</p>		<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Honey (1 tsp.)          Olive oil (1 cup)          All Purpose Flour (1/4 cup)          Soy Sauce ( 1/4 cup)          Red Wine Vinegar (1/4 cup)</p>
<p>Wednesday:  <a href="#">Taco Soup</a>          \$10.07</p>		<p style="text-align: center;"><u>Meat</u></p> <p>Salmon Fillets (1 1/2- 2 Lbs.)          Chicken Tenders (10)          Lean Ground Beef (1 Lb.)          Boneless Skinless Chicken Breasts (1 Lb.)</p>	<p style="text-align: center;"><u>Other</u></p> <p>Tortilla Chips or Fritos (optional)          Sriracha Hot Sauce (1/2- 1 tsp.)          Capers (1/4 cup)          Hoisin Sauce (2 Tbs.)          Sesame Oil (1 Tbs.)          Sliced Almonds (1/2 cup)</p>	
<p>Thursday:  <a href="#">Lemon Chicken Piccata</a>          \$7.02</p>		<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Breadcrumbs (1 cup)          Pasta (for Lemon Chicken Piccata)</p>		
<p>Friday:  <a href="#">Asian Chicken Salad</a>          \$10.18</p>				

**Weekly Total: \$50.05**