

Tastes Better *from* SCRATCH

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| Monday: Pork Tenderloin \$13.00 | <u>Produce</u> Lemon Juice (1/4 cup) Lemon (1) Garlic (7 cloves) Fresh Rosemary (2 sprigs) Red Bell Pepper (1) Green Onions (2) Ginger Root (2 tsp. minced) Boston Bib Lettuce (1 head) Red Onion (2) Tomatoes (2) Bell Peppers (3 any color) Zucchini (1) Mango (2) Carrot (1) English Cucumber (1) Fresh Mint Leaves (1 bunch) Fresh Basil Leaves (1 bunch) Fresh Cilantro (1 bunch) | <u>Meat</u> Pork Tenderloin (2 or 2.5 Lbs.) Ground Turkey (1 Lb.) Boneless Skinless Chicken Breasts (3 lbs.) Andouille Sausage (12 oz.) Small Cooked Shrimp (1 Lb.) | <u>Pantry Staples</u> Olive Oil (1/2 cup) Low Sodium Soy Sauce (7 Tb.) Granulated Sugar Cornstarch Balsamic Vinegar (1/3 cup) Light Brown Sugar (2 Tbs.) Peanut Butter (1/3 cup) |
| Tuesday: Turkey Lettuce Wraps \$10.11 | <u>Refrigerated</u> Fresh Mozzarella Cheese Balls (8 oz.) | <u>Other</u> Dijon Mustard (1 Tb.) Sriracha Hot Sauce Rice Vinegar (3 Tb.) Sesame Oil (3 tsp.) Hoisin Sauce (3 Tbs.) Spring Roll Rice Wrappers (1 package) Vermicelli Rice Noodles (1 Package) Sweet Chili Sauce (3/4 cup) | <u>Spices</u> Salt and Pepper Dried basil Dried Oregano Garlic Powder Paprika Onion Powder Thyme Cayenne Pepper Crushed Red Pepper Flakes |
| Wednesday: Chicken Caprese \$11.89 | Thursday: Cajun Chicken and Sausage Kebab \$12.00 | Friday: Spring Rolls \$23.97 | Weekly Total: \$70.97 |