



# Tastes Better from Scratch™

Monday: <a href="#">Chicken Alfredo</a> <a href="#">Stuffed Shells</a> \$16.04	<u>Produce</u> Blueberries (1 cup) Cherry Tomatoes (2/3 cups) Fresh Basil Broccoli (1 ½ cups) Spinach (2 cups) Garlic (6 cloves) Lemon (1) Romaine Lettuce (3 cups) Yellow Onion (1)	<u>Bread/Grains</u> Bread Crumbs (1/3 cups) Buns (4) Croutons (1/2 cup) Flour Tortillas (5 large) Jumbo Pasta Shells (12 oz.) Lasagna Noodles (9)	<u>Meat</u> Cooked Chicken (4 ½ cups) Ground Italian Sausage(1/2 lb.) Lean Ground Beef (1/2 lb.) Lean Ground Turkey (1 Lb.)
Tuesday: <a href="#">Lasagna Soup</a> \$20.48			<u>Pantry Staples</u> All-Purpose Flour (2 cups) Baking Powder (2 ½ tsp.) Baking Soda (1/2 tsp.) Canola Oil Sugar (3 Tbs.) Ketchup ( 1 ½ Tbs.) Olive Oil Vanilla Extract (1 ½ tsp.)
Wednesday: <a href="#">Chicken Caesar Wrap</a> \$14.65	<u>Pantry Staples</u> All-Purpose Flour (2 cups) Baking Powder (2 ½ tsp.) Baking Soda (1/2 tsp.) Canola Oil Sugar (3 Tbs.) Ketchup ( 1 ½ Tbs.) Olive Oil Vanilla Extract (1 ½ tsp.)	<u>Canned Goods</u> Marinara Sauce (24 oz.) or <a href="#">homemade</a> Chicken Broth (7 cups) Tomato Paste (2 Tbs.)	
Thursday: <a href="#">Lemon Blueberry Pancakes</a> \$5.26		<u>Pantry Staples</u> All-Purpose Flour (2 cups) Baking Powder (2 ½ tsp.) Baking Soda (1/2 tsp.) Canola Oil Sugar (3 Tbs.) Ketchup ( 1 ½ Tbs.) Olive Oil Vanilla Extract (1 ½ tsp.)	<u>Canned Goods</u> Marinara Sauce (24 oz.) or <a href="#">homemade</a> Chicken Broth (7 cups) Tomato Paste (2 Tbs.)
Friday: <a href="#">Turkey Burgers</a> \$6.64	<u>Pantry Staples</u> All-Purpose Flour (2 cups) Baking Powder (2 ½ tsp.) Baking Soda (1/2 tsp.) Canola Oil Sugar (3 Tbs.) Ketchup ( 1 ½ Tbs.) Olive Oil Vanilla Extract (1 ½ tsp.)		<u>Canned Goods</u> Marinara Sauce (24 oz.) or <a href="#">homemade</a> Chicken Broth (7 cups) Tomato Paste (2 Tbs.)
<b>Weekly Total: 63.07</b>			