



Tastes Better from Scratch™

<p>Monday: Sheet Pan Fajitas \$16.62</p>	<p><u>Produce</u></p> <p>Avocado (1) Bell Pepper (3) Cherry Tomatoes (1 ½ cups) Onion (1/3 cup) Flat-leaf Parsley (1/2 cup) Basil Leaves (6) Cilantro (1/2 cup) Green Beans (1 lb.) Lemon Juice (2 Tbs.) Garlic (8 cloves) Green Onions (5) Limes (3) Lemon Slices (1 lemon) Small Red/Yellow potatoes (1 pound) Yellow Onion (1)</p>	<p><u>Pantry Staples</u></p> <p>Dijon Mustard (1 ½ tsp.) Ketchup (2/3 cup) Olive Oil (about ½ cup) Soy Sauce (1/2 cup) Mayonnaise (1 ½ Tbs.) Mustard (1/3 cup) Oil (about 3/4 cup)</p>	<p><u>Refrigerated</u></p> <p>Parmesan Cheese (1/2 cup) Mozzarella (5 cups shredded)</p>
<p>Tuesday: Cheeseburger Pizza \$14.82</p>		<p><u>Meat</u></p> <p>Chicken Breasts (3 ½ pounds) Ground Beef (1 lb.) Salmon Fillets (1.5 lbs.)</p>	<p><u>Spices</u></p> <p>Cayenne Chili Powder Crushed Red Pepper Flakes Cumin Oregano Salt & Pepper Garlic Powder Onion Powder Paprika Sea Salt</p>
<p>Wednesday: Grilled Chicken & Southwest Quinoa Salad \$20.10</p>	<p><u>Canned Goods</u></p> <p>Black Beans (1, 15 oz. can) Tomato Paste (2 Tbs.) Sliced Dill Pickle Coins (2/3 cup) Vegetable Broth (2 cups) Whole Peeled Tomatoes (29 oz. can)</p>	<p><u>Bread/Grains</u></p> <p>Flour Tortillas (8 small) Penne Rigata Pizza Dough (homemade or store bought) Quinoa (1 cup)</p>	
<p>Thursday: Penne Arrabbiata \$4.82</p>	<p><u>Other</u></p> <p>Desired Fajita Toppings Horseradish (1 tsp.) Sprite (12 oz.)</p>		
<p>Friday: One Pan Baked Salmon & Veggies \$19.02</p>			

Weekly Total: \$75.38