

Tastes Better *from* SCRATCH

Monday: Pot Roast \$24.84	<u>Produce</u> Optional add-ins for roast: (carrots, potatoes, onions, mushrooms, etc.) Garlic (4 cloves) Parsley (optional for garnish) Bell pepper (1) Zucchini (1) Cherry tomatoes (1 cup) Red onion (1/2) Baby broccoli Yellow onion (1) Corn (4 cups, fresh or frozen) Potato (1 large)	<u>Bread/Grains</u> Fettucine noodles (1 lb.) Cornmeal (3-4 Tbs.)	<u>Refrigerated</u> Butter (6 Tbs.) Heavy cream (2 cups) Parmesan cheese (4 oz. and 2 Tbs.) Mozzarella (2 1/2 cup) Half & half, cream or whole milk (1 ½ cups)
Tuesday: Corn Chowder \$8.67			
Wednesday: One Pan Pesto Chicken and Vegetables \$11.29	<u>Meat</u> Chuck roast (4-5 lbs.) Shrimp (1.5 lbs. large) Chicken breast (1 lb.) Bacon (3-4 slices)	<u>Canned Goods</u> Cream of chicken/mushroom soup or homemade (2 cans or 2 batches) Chipotle peppers in adobe sauce (1-2 peppers) Mild diced green chiles (4 oz. can) Low sodium chicken broth (4 cups)	<u>Spices</u> Salt & pepper Italian seasoning
Thursday: Shrimp Alfredo \$18.00			<u>Other</u> Dry Onion Soup Mix or homemade (1 envelope or recipe) Pesto (1/2 cup) Pizza sauce or homemade Desired pizza toppings for calzones (pepperoni, olives, mushrooms, bacon, etc.)
Friday: Calzones (Ingredients for pizza dough included in list!) \$5.63 (before toppings)		<u>Pantry Staples</u> Oil (4 Tbs.) Active dry yeast (2 ¼ tsp.) Sugar Olive oil (3 Tbs.) White vinegar (1 tsp.) Bread flour (4 cups)	

Weekly Total: \$68.43