Tastes Better from Scratch™

Monday:
Kung Pao Chicken
$11.55

Tuesday:
French Dip
$35.29

Wednesday:
Fish and Chips
$25.01

Thursday:
Fajita Bowl
$15.84

Friday:
Manicotti
$14.69

Weekly Total: $102.38

Spices

Crushed red pepper flakes
Salt & pepper
Kosher salt
Thyme
Chili powder
Garlic powder
Cumin
Paprika
Cayenne pepper

Other

Dry roasted peanuts (½ cup)
Szechuan peppers (6 whole dried, optional)
Soy sauce (5 Tbs + 1 tsp)
Chili Paste with garlic (2 tsp.)
Onion soup mix (1 packet or homemade)
Coke (1 cup, not diet)
Worcestershire sauce (1 Tbs.)
Liquid smoke (1 tsp.)
Sesame oil (2 tsp.)
Light beer (1 cup)
Hot Cooked Fries
Tarter Sauce (optional)
British Malt Vinegar (optional)

Bread/Grains

Cooked rice (3-4 cups)
Hoagie or sub rolls (8)
Long grained rice (1 ½ cups)
No-boil lasagna noodles (16)

Pantry Staples

Olive oil (4 Tbs.)
Rice wine vinegar (3 Tbs.)
Granulated sugar (4 tsps.)
Cornstarch *(1/2 cup plus 3 tsps.)*
Red wine vinegar (2 tsp.)
Honey (1 Tbs.)
Oil *(2 ½ Tbs. vegetable or canola)*
White vinegar (1 ½ tsp.)
Flour *(1 cup plus little more)*
Baking powder (1 ½ tsp.)

Canned Goods

Chicken broth *(3 ½ cups, low sodium)*
Beef broth (2 1/3 cups)
Black beans (15 oz. can)
Chipotle chiles in adobe sauce *(1 can for the sauce)*
Marinara *(1 recipe homemade or 3 cups jarred)*

Meat

Chicken breasts (2 ½ lbs.)
Chuck roast (3.5 lbs.)
White Fish Fillets (1 ½ lbs.)

Refrigerated

Egg (3)
Swiss or Provolone cheese (16 slices)
Sour cream (¾ cup)
Ricotta (3 cups)
Parmesan (2 cups grated)
Mozzarella (2 cups shredded)

Produce

Ginger (1 tsp. freshly grated)
Green onions (2)
Red bell pepper (2)
Garlic (6 cloves)
Lime juice (3 ½ Tbs.)
Red onion (1)
Green bell pepper (1)
Corn *(1 cup fresh, canned or frozen)*
Limes (1-2)
Cilantro (1 cup chopped)
Fresh parsley leaves (2 Tbsp.)
Fresh basil leaves *(1/4 cup or 1 tsp. dried basil)*