



# Tastes Better from Scratch™

Monday: <a href="#">Crock Pot Baked Ziti</a> \$12.28	<p><u>Produce</u></p> <p>Lemon juice (4 tsp.) Garlic (7 cloves) Fresh basil (½ cup plus extra for topping) Red onion (2 Tbsp.) Avocado and tomato (<i>optional for tuna melt</i>) Ripe plum tomatoes (3 lbs.) Onion (2 yellow) Fresh basil leaves (2 cups)</p> <p><u>Canned Goods</u></p> <p>Chicken stock (¾ cup) Chicken broth (4 ½ cup) Marinara (2, 24 oz. jars or 2 batches <a href="#">homemade</a>) Tomato sauce (16 oz.) Albacore white tuna, packed in water (12 oz. canned) Whole plum tomatoes (28 oz. can)</p>	<p><u>Other</u></p> <p>Hot sauce (1-2 Tbsp.) Toppings for quesadillas: <i>salsa, guacamole, sour cream, etc.</i> Dijon mustard (1 Tbsp.) Mayonnaise (1/3 cup) <b>Optional garnishes:</b> <i>grated parmesan, fresh basil</i></p>	<p><u>Meat</u></p> <p>Chicken (2 cups cooked) Pork chips (4 boneless, ½ inch thick)</p>		
Tuesday: <a href="#">Chicken Quesadillas</a> \$12.92				<p><u>Spices</u></p> <p>Cumin Chili powder Salt &amp; pepper Dried oregano leaves Crushed red pepper flakes Dried thyme</p>	<p><u>Refrigerated</u></p> <p>Cheese (3 cups shredded cheddar or Monterey jack) Half and half (2/3 cup) Cream cheese (4 oz.) Sour cream (¼ cup) Ricotta (½ cup) Parmesan (1 ½ cup) Mozzarella (1 cup shredded) Sliced Cheese (4 slices, your favorite) Butter (2 Tbsp.)</p>
Wednesday: <a href="#">Pork Chops with Creamy Mustard Sauce</a> \$7.93		<p><u>Bread/Grains</u></p> <p>Flour tortillas (4, 8-inch) Ziti (16 oz.) Thick cut white sandwich bread (4 slices)</p>	<p><u>Pantry Staples</u></p> <p>Flour (1 ½ Tbsp.) Olive oil (¼ cup + 2 Tbsp.)</p>		
Thursday: <a href="#">Tuna Melt</a> \$6.55					

**Weekly Total: \$58.41**