



# Tastes Better from Scratch™

Monday: <a href="#">Black Bean Burger</a> \$6.90	<u>Meat</u> Top sirloin steak (1 ½ lbs.) Chicken tenders (6)	<u>Other</u> Desired burger toppings Mayonnaise (1 cup + 2 Tbsp.) Soy sauce (½ cup) Metal or bamboo skewers	<u>Produce</u> Green bell pepper (½) Onion (¾ small) Garlic (9 cloves) Lime juice (2 tsp.) Peach juice (½ cup) Bell peppers (3, any color) Sweet onion (1 purple) Parsley (1/2 cup + 1 Tbsp. fresh and extra for garnish) Cilantro (1 Tbsp. fresh) Cabbage (1 cup) Roma tomato (1) Minced garlic (1 Tbsp. + 2 tsp.) Zucchini (1) Yellow Squash (1) Grape tomatoes (1 cup) Lemons (2 ½)
Tuesday: <a href="#">Steak Kebobs</a> and <a href="#">Lentil Salad</a> \$23.16	Shrimp (1 lb. peeled and deveined)		
Wednesday: <a href="#">Cheese Enchiladas</a> \$9.38	<u>Refrigerated</u> Egg (1 large) Cheddar (5-6 cups shredded) Cotija cheese (¼ cup) Sour cream (for topping) Parmesan (1 ½ cup, grated)	<u>Spices</u> Chili powder Cumin Salt & pepper Dried onion flakes Garlic powder Italian seasoning Crushed red pepper flakes	
Thursday: <a href="#">One Pan Garlic Parmesan Chicken and Vegetables</a> \$12.48	<u>Canned Goods</u> Black beans (15 oz. can) Chipotle peppers in adobe sauce (2 and save sauce) <a href="#">Red enchilada sauce</a> (20 oz.)	<u>Bread/Grains</u> Breadcrumbs (about 1 ½ cups whole wheat or white) Hamburger buns (4) Lentils (1 ½ cups) White corn tortillas (12-14) Linguine (1 lb.)	
Friday: <a href="#">Shrimp Scampi Linguine</a> \$13.15	<u>Pantry Staples</u> Oil (½ cup plus 2 Tbsp.) Red wine vinegar (2 Tbsp.) Olive oil (about 1 cup) Unsalted butter (4 Tbsp.)		
<b>Weekly Total: \$65.07</b>			