



# Tastes Better from Scratch™

<p><b>Monday:</b> Applebee's Salad \$14.93</p>	<p><b>Produce:</b> Romaine Lettuce (6 cups) Red Cabbage (1 cup) Napa Cabbage (1 cup) Carrots (3) Green Onion (2) English Cucumber (1/2) Cucumber (1) Avocado (2) Bell Pepper (2 1/2) Fresh Basil Leaves (1 1/4 containers) Cilantro (1/3 cup) Mint (1/3 cup) Spinach (1 1/2 cups) Garlic (9 cloves) Green Bell Pepper (1/2) Green Onion (6) Lemon Juice (1 Tbsp) Mango (1) Onion (1) Red Bell Pepper (1/2) Serrano Peppers (2) Fresh Cilantro for garnish Basil (1/3 cup)</p>	<p><b>Refrigerated:</b> Butter (4 Tbsp) Eggs (14 large) Parmesan Cheese (8 oz) Milk (3 3/4 cup) Shredded Cheddar Cheese (2 cups) Shredded Mozzarella Cheese (1 lb + 1 cup) Sour Cream (1 cup)</p>	<p><b>Pantry Staples:</b> All Purpose Flour (1 1/4 cup) Oil (3 cups) Olive Oil (1 Tbsp)</p>
<p><b>Tuesday:</b> Breakfast Casserole \$14.09</p>		<p><b>Canned Goods:</b> Diced Tomatoes (14.5 oz can) Tomato Paste (6 oz) Tomato Sauce (16 oz)</p>	<p><b>Spices:</b> Cajun Seasoning (3 tsp) Herbes de Provence (1 1/2 tsp) Italian Seasoning (2 tsp) Salt &amp; Pepper</p>
<p><b>Wednesday:</b> Spring Roll Bowls \$16.08</p>		<p><b>Other:</b> Corn Flakes (1 cup) Creamy Peanut Butter (1/2 cup) Dijon Mustard (4 tsp) Dry Roasted Peanuts (2/3 cup) Hoisin Sauce (2 Tbsp) Honey (6 Tbsp) Low-sodium Soy Sauce (1/4 cup) Mayo (1 1/2 cups) Rice Wine Vinegar (5 Tbsp) Sesame Oil (1/4 tsp) Slivered Almonds (1/4 cup) Sriracha Hot Sauce (2 tsp) Sweet Chili Sauce (1/2 cup)</p>	<p><b>Bread/Grains:</b> Rice Noodles (14 oz) Flatbread (1 large) Lasagna Noodles (9 regular)</p>
<p><b>Thursday:</b> Cajun Chicken Flatbread \$9.57</p>		<p><b>Meat:</b> Boneless Skinless Chicken Breast (1 lb + 1 breast) Ground Beef (1/2 lb) Ground Italian Sausage (1/2 lb) Pork Sausage (2 lb) Cooked shrimp, chicken or tofu, optional for serving with bowls</p>	
<p><b>Friday:</b> Classic Italian Lasagna \$20.02</p>			

**Estimated Total: \$74.69**