



Tastes Better from Scratch™

Monday: Creamy Chicken & Asparagus Pasta \$10.52	Produce: Celery (2 ribs) Asparagus Spears (1 bunch) Basil Leaves (4 Tbsp) Garlic (1 1/2 Tbsp + 4 cloves) Onion (1/2 + 1/2 cup) Other filling ideas: Bell Pepper, Roasted Corn, Shredded Cabbage	Refrigerated: Butter (for spreading on bread) Cheddar Cheese (8 thin slices) Cheese Tortellini (10 oz) Cream Cheese (4 oz) Grated Parmesan Cheese (1/3 cup) Half & Half (1/4 cup) Mozzarella Cheese (8 thin slices) Shredded Mozzarella Cheese (2 cups) Frozen mixed carrots, peas, corn and green beans (2 cups)	Spices: Bay Leaves (2) Red Pepper Flakes Dried Basil (1 tsp) Oregano Leaves (1 tsp) Parsley Flakes (1 tsp) Rosemary (1/2 tsp) Garlic Powder (1/2 tsp) Italian Seasoning (2 tsp) Onion Powder (1/4 tsp) Salt & Pepper
Tuesday: Wet Burrito \$11.64			
Wednesday: Italian Grilled Cheese \$4.55	Meat: Boneless Skinless Chicken Breasts (1 lb) Cooked shredded beef, chicken, pork or steak (3 cups) Ground Beef (1 lb)	Canned Goods: Black or Pinto Beans (1 can) Diced Tomatoes (1 - 14.5 oz can) Low Sodium Chicken Broth (1/2 cup) Marinara Pasta Sauce (1 cup) Red or Green Enchilada Sauce (2 cups) Tomato Sauce (8 oz) Vegetable Broth (4 cups)	Bread/Grains: Crusty Artisan Bread (8 slices) Flour Tortillas (5 large - burrito size) Hamburger Buns (5) Mexican Rice (1 1/2 cups) Penne Pasta (12 oz)
Thursday: Sloppy Joes \$7.88			
Friday: Vegetable Tortellini Soup \$7.04	Other: BBQ Sauce (1/4 cup) Better than Bouillon Vegetable Base (2 tsp) Ketchup (1/3 cup) Yellow Mustard (1 tsp) Suggested: sour cream, guacamole, salsa	Pantry Staples: Olive Oil (2 Tbsp) Worcestershire Sauce (1 Tbsp)	

Estimated Total: \$43.10