



Tastes Better from Scratch™

Monday: Buddha Bowl \$14.52 (Price is without the meat)	Produce: Avocado (2) Parsley Leaves (3 Tbsp) Garlic (4 cloves)	Refrigerated: Cheddar Cheese (4 slices) Feta Cheese Crumbled (1/2 cup) Eggs (5 large) Shredded Parmesan Cheese (1/4 cup) Grated Cheddar Cheese (1 cup) Milk (1 1/4 cups) Plain Greek Yogurt (1 cup)	Spices: Chili Powder (1/2 tsp) Red Pepper Flakes (pinch) Basil (2 tsp) Dried Dill (1/2 tsp) Parsley (1 Tbsp) Oregano (1/2 tsp) Chili Powder (1/2 tsp) Garlic Powder (1 tsp) Paprika (1 tsp)
Tuesday: American Goulosh \$13.34	Mixed Greens Lettuce (5 cups) Onion (1 large + 1/2 small) Roma Tomato (1) Russet Potatoes (2) Small Jalapeno Pepper (1)	Canned Goods: Low Sodium Beef Broth (2 1/2 cups) Tomato Paste (6 oz) Tomato Sauce (15 oz)	Black Pepper (1 1/4 tsp) Garlic Powder (1 tsp) Ground Cinnamon (1 tsp) Onion Powder (1/2 tsp) Paprika (1 tsp) Salt (1 1/4 tsp)
Wednesday: Air Fryer or Oven Baked Chicken Tenders with Potato Wedges \$16.46	Meat: Hamburger Patties (4) Lean Ground Beef or Turkey (1 lb) Raw Chicken Tenders (2 lbs)		
Thursday: Cheeseburger Salad \$14.15	Meat for Buddha Bowl (Grilled Chicken or Falafel)	Other: BBQ Sauce (2 tsp) Dill Pickles (2) Ketchup (2 Tbsp) Mayonnaise (1/2 cup) Mustard (2 Tbsp) Pickle Juice (1/2 cup) Powdered Sugar (3 Tbsp) Vanilla Extract (1 tsp) White Vinegar (2 tsp) Worcestershire Sauce (1 Tbsp) Chopped Nuts - walnuts	Bread/Grains: Elbow Noodles (1 1/2 cups) Bread (8 thick slices) Quinoa (1 1/2 cups)
Friday: French Toast \$1.56	Pantry Staples: All Purpose Flour (1 1/4 cup) Baking Powder (1/2 tsp) Sugar (1/4 cup + 1 Tbsp) Olive Oil (1/3 cup + 3 Tbsp) Vinegar (1 Tbsp)		

Estimated Total: \$60.03