

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Pad Thai	Produce garlic (5 cloves) fresh bean sprouts (1 cup) red bell peppers (2) green onions (5) limes (2) fresh cilantro 2 bunches) avocados (2) fresh spinach leaves (2 cups) sweet onion (1/4 cup) cherry tomatoes (1 1/2 cups) juice of 1 lemon red cabbage (1 heaping cup) red onion (1/4 cup) carrot (1 cup) freshly grated ginger (2 teaspoons)	Refrigerated eggs (2) shredded Mexican blend cheese (1/2 cup) edamame (1 cup) shredded cheese (for taco topping) sour cream (for taco topping) Uncooked shrimp or extra firm tofu (8 ounces- for pad thai)	Canned Goods vegetable broth (4 cups) diced tomatoes (14 1/2 ounce can) olives refried beans (16 ounce can) chickpeas (15 ounce can)
Tuesday Instant Pot Lentil Tacos			
Wednesday Crispy Bean and Cheese Burritos		Pantry Staples oil (3 Tablespoons) low-sodium soy sauce (4 Tablespoons) light brown sugar (5 Tablespoons) rice vinegar (2 Tablespoons) creamy peanut butter (2 Tablespoons) salsa (1 cup) olive oil (3 teaspoons) granulated sugar (1 teaspoon) dijon mustard (2 teaspoons) peanut butter (1/4 cup) honey (1 Tablespoon) red wine vinegar (1 Tablespoon) sesame oil (1 teaspoon)	Spices onion powder (1 teaspoon) garlic powder (1 1/4 teaspoons) chili powder (1 1/2 teaspoons) cumin (1 1/4 teaspoons) salt and freshly ground black pepper
Thursday Spinach Avocado Pasta Salad	Bread/Grains corn or flour tortillas for tacos flour tortillas (6-8 medium for burritos) penne pasta (2 1/2 cups)		Other flat rice noodles (8 ounces) dry roasted peanuts (1/2 cup) fish sauce (3 Tablespoons) Sriracha hot sauces (1 1/3 Tablespoons) dry lentils (2 cups) uncooked quinoa (3/4 cup) cashew halves (1/2 cup)
Friday Thai Quinoa Salad			