

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

<p>Monday Spaghetti Pie</p>			
<p>Tuesday Creamy Pesto Tortellini Pasta Salad</p>	<p>Produce</p> <p>fresh basil leaves (about 1 cup) caesar salad dressing (2/3 cup) cherry tomatoes (1 1/2 cups) green onions (3) garlic (5 cloves) fresh mint leaves (1/3 cup) fresh cilantro (1 bunch) serrano peppers (2) avocados (2) carrot (1 large) bell peppers (2) English cucumber (1 large) mango (1) green bell pepper (1/2) onion (1/2 small) lime juice (2 teaspoons) sweet potatoes (2 small/medium)</p>	<p>Refrigerated</p> <p>freshly grated parmesan cheese (1 2/3 cups) butter (3 Tablespoons) eggs (2 large) cottage cheese (1 cup) three cheese refrigerated tortellini (20 ounce package) cheddar cheese (2 cups) cooked shrimp, chicken or tofu for spring roll</p>	<p>Canned Goods</p> <p>marinara pasta sauce (1 1/2 cups) black olives (6 ounces) basil pesto (1/4 cup) black beans (30 ounce can) chipotle peppers in adobo sauce (1 small can) homemade red enchilada sauce* (1 batch)</p>
<p>Wednesday Spring Roll Bowls</p>		<p>Pantry Staples</p> <p>creamy peanut butter (1/2 cup) hoisin sauce (2 Tablespoons) low-sodium soy sauce (1/4 cup) rice wine vinegar (2 Tablespoons) mayonnaise (1 cup) olive oil (2 Tablespoons)</p>	<p>Spices</p> <p>salt and freshly ground black pepper garlic powder (1/4 teaspoon) chili powder (1 Tablespoon) cumin (1 teaspoon)</p>
<p>Thursday The Best Black Bean Burger</p>	<p>Bread/Grains</p> <p>spaghetti noodles (8 ounces) dry rice noodles (14 ounces) whole wheat breadcrumbs (2/3 cup) hamburger buns (5) cooked brown rice (2 cups) flour tortillas (10 - 12 large)</p>	<p>Other</p> <p>sunflower seeds (1/3 cup) Sriracha hot sauces (2 - 3 teaspoons) dry roasted peanuts (2/3 cup) sweet chili sauce (1/2 cup) desired burger toppings: lettuce, tomato, etc.</p>	
<p>Friday Sweet Potato Black Bean Enchiladas</p>			