

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

<b>Monday</b> <a href="#">Spaghetti Pie</a>			
<b>Tuesday</b> <a href="#">Creamy Pesto Tortellini Pasta Salad</a>	<b>Produce</b> 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)	<b>Refrigerated</b> 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	<b>Canned Goods</b> 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)
<b>Wednesday</b> <a href="#">Spring Roll Bowls</a>		<b>Pantry Staples</b> 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)	<b>Spices</b> salt and freshly ground black pepper garlic powder (1/4 teaspoon) chili powder (1 Tablespoon) cumin (1 teaspoon)
<b>Thursday</b> <a href="#">The Best Black Bean Burger</a>			
<b>Friday</b> <a href="#">Sweet Potato Black Bean Enchiladas</a>	<b>Bread/Grains</b> 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)	<b>Other</b> 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.	