

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

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