

# Tastes Better *from* SCRATCH

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

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