

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday
[Manicotti](#)

Tuesday
[Italian Grilled Cheese](#)

Wednesday
[Southwest Tortellini Pasta Salad](#)

Thursday
[Hummus Edamame Veggie Wrap](#)

Friday
[Roasted Tomato Basil Soup](#)

Produce

garlic (9 cloves)
fresh parsley leaves (2 Tablespoons)
fresh basil leaves (2 1/2 cups)
corn (1 cup)
red bell pepper (1)
avocados (3)
cherry tomatoes (1 1/2 cups)
red onion (1/4 cup)
fresh cilantro (1/4 cup)
juice from 2 limes
baby spinach leaves (2 cups)
carrots (1 1/2) cucumber (1 cup)
ripe plum tomatoes (3 pounds.)
yellow onions (2 small)

Pantry Staples

extra virgin olive oil (1/2 cup)
olive oil (3 Tablespoons)
rice vinegar (2 Tablespoons)
granulated sugar (1 teaspoon)

Refrigerated

part-skim ricotta cheese (3 cups)
freshly grated parmesan cheese (4 ounces)
shredded mozzarella cheese (8 ounces)
eggs (2 large)
mozzarella cheese (8 thin slices)
cheddar cheese (8 thin slices)
butter (for spreading on bread)
three cheese refrigerated tortellini (20 ounce package)
hummus (3/4 cup)
edamame (1 1/3 cups)
butter (2 Tablespoons)

Bread/Grains

crusty artisan bread (8 slices)
flour tortillas (4 large)

Other

no-boil lasagna noodles (16)
any other desired vegetables for hummus wrap
Optional soup garnishes: sour cream

Canned Goods

crushed tomatoes (2 28 ounce cans)
marinara pasta sauce (1 cup)
black beans (15 ounce can)
whole plum tomatoes (28 ounce can)
low-sodium chicken broth or vegetarian broth (4 cups)

Spices

crushed red pepper flakes (3/4 teaspoon)
dried basil (1 Tablespoon)
dried parsley flakes (1 teaspoon)
chili powder (1 teaspoon)
ground cumin (1 teaspoon)
salt and freshly ground black pepper
dried thyme (1/2 teaspoon)