

# Tastes Better *from* SCRATCH

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

**Monday**  
[Slow Cooker](#)  
[Three Cheese](#)  
[Ziti](#)

**Tuesday**  
[Penne Arrabbiata](#)

**Wednesday**  
[Cashew Crunch](#)  
[Wraps](#) (leave out  
the chicken)

**Thursday**  
[White Garlic](#)  
[Vegetable Pizza](#)  
(leave out the  
chicken)

**Friday**  
[Southwest](#)  
[Quinoa Salad](#)

### **Produce**

garlic (7 - 8 cloves)  
fresh basil leaves (10-12)  
flat-leaf parsley (1/3 cup)  
red cabbage (3/4 cup)  
carrots (2)  
snap peas (2/3 cup)  
red bell pepper (1/2)  
romaine lettuce leaves (5)  
tomato (1) onion (1/4 cup)  
fresh spinach leaves (1 cup)  
cherry tomatoes (1 1/2 cups)  
green onions (5)  
fresh cilantro (1/4 cup)  
avocados (1 - 2)  
juice of 2 fresh limes

### **Bread/Grains**

Uncooked ziti pasta (16 ounces)  
penne rigate (1 pound)  
flour tortillas (4 - 5 large)

### **Refrigerated**

cream cheese (4 ounces)  
sour cream (1/4 cup)  
ricotta cheese (1/2 cup)  
freshly grated parmesan cheese (2 1/2 cups)  
shredded mozzarella cheese (2 cups)  
butter (2 Tablespoons)  
milk (1 1/4 cups)

### **Pantry Staples**

olive oil (7/16 cups)  
all-purpose flour (3 Tablespoons)  
vegetable broth (2 cups)

### **Other**

cashews (2/3 cup)  
Your favorite creamy vinaigrette dressing  
(1/3 cup)  
dough for one large pizza  
quinoa (1 cup)

### **Canned Goods**

marinara pasta sauce (2 24 ounce jars)  
tomato sauce (16 ounces)  
whole peeled tomatoes (28 ounce can)  
tomato paste (2 Tablespoons)  
fresh mushrooms (1/2 cup)  
artichoke hearts (1/2 cup)  
black beans (15 ounce can)

### **Spices**

crushed red pepper flakes (1/4 teaspoon)  
salt and freshly ground black pepper  
cumin (3/4 teaspoon)  
pinch of red pepper flakes