

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