

# Tastes Better *from* SCRATCH

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

<b>Monday</b> Pad Thai			
<b>Tuesday</b> Instant Pot Lentil Tacos	<b>Produce</b> garlic (5 cloves) fresh bean sprouts (1 cup) red bell peppers (2) green onions (5) limes (2) fresh cilantro 2 bunches) avocados (2) fresh spinach leaves (2 cups) sweet onion (1/4 cup) cherry tomatoes (1 1/2 cups) juice of 1 lemon red cabbage (1 heaping cup) red onion (1/4 cup) carrot (1 cup) freshly grated ginger (2 teaspoons)	<b>Refrigerated</b> eggs (2) shredded Mexican blend cheese (1/2 cup) edamame (1 cup) shredded cheese (for taco topping) sour cream (for taco topping) Uncooked shrimp or extra firm tofu (8 ounces- for pad thai)	<b>Canned Goods</b> vegetable broth (4 cups) diced tomatoes (14 1/2 ounce can) olives refried beans (16 ounce can) chickpeas (15 ounce can)
<b>Wednesday</b> Crispy Bean and Cheese Burritos			
<b>Thursday</b> Spinach Avocado Pasta Salad	<b>Bread/Grains</b> corn or flour tortillas for tacos flour tortillas (6-8 medium for burritos) penne pasta (2 1/2 cups)	<b>Pantry Staples</b> oil (3 Tablespoons) low-sodium soy sauce (4 Tablespoons) light brown sugar (5 Tablespoons) rice vinegar (2 Tablespoons) creamy peanut butter (2 Tablespoons) salsa (1 cup) olive oil (3 teaspoons) granulated sugar (1 teaspoon) dijon mustard (2 teaspoons) peanut butter (1/4 cup) honey (1 Tablespoon) red wine vinegar (1 Tablespoon) sesame oil (1 teaspoon)	<b>Spices</b> onion powder (1 teaspoon) garlic powder (1 1/4 teaspoons) chili powder (1 1/2 teaspoons) cumin (1 1/4 teaspoons) salt and freshly ground black pepper
<b>Friday</b> Thai Quinoa Salad			
		<b>Other</b> flat rice noodles (8 ounces) dry roasted peanuts (1/2 cup) fish sauce (3 Tablespoons) Sriracha hot sauces (1 1/3 Tablespoons) dry lentils (2 cups) uncooked quinoa (3/4 cup) cashew halves (1/2 cup)	