



# Tastes Better from Scratch™

<p>Monday: <a href="#">Creamy Pesto Tortellini</a> \$17.35</p>	<p><u>Produce</u> Cherry tomato (1 ½ cups) Green onions (3) Basil pesto (¼ cup)</p>	<p><u>Bread/Grains</u> Corn or flour tortillas (4-8) <a href="#">Dough</a> (1 large pizza) Whole wheat flour tortillas (4 large) Lentils (1 ½ cup)</p>	<p><u>Pantry Staples</u> Olive oil</p>
<p>Tuesday: <a href="#">Mushroom Tacos</a> \$6.97</p>	<p>Basil leaves (6-8, for garnish) Portobello mushroom caps (3) Onion (½) Jalapeno (1)</p>	<p><u>Refrigerated</u> Three cheese tortellini (20 oz. refrigerated) Parmesan (2/3 cup grated) Fresh mozzarella (8 oz. ball) Ricotta (1/3 cup) Pecorino Romano (1/3 cup) Hummus (2/3 cup) Mayonnaise (2 Tbsp.)</p>	<p><u>Spices</u> Salt and pepper Garlic powder Taco seasoning (2 Tbsp.) Kosher salt Dried oregano Dried thyme</p>
<p>Wednesday: <a href="#">White Pizza</a> \$9.01</p>	<p>Garlic (5 cloves) Lime (½) Baby arugula greens (2 cups) Lemon juice</p>	<p><u>Canned Goods</u> Black olives (6 oz.)</p>	<p><u>Other</u> Caesar salad dressing (2/3 cup) Sunflower seeds (1/3 cup) <b>Toppings for tacos:</b> <i>Cilantro, cheese, bell pepper, cabbage, black beans, corn, avocado, hot sauce, etc.</i> Red wine vinegar (2 Tbsp.)</p>
<p>Thursday: <a href="#">Veggie Wrap</a> \$9.79</p>	<p>Edamame (1 cup) Baby spinach leaves (2 cups) Avocados (1-2) Carrot (1 large)</p>		
<p>Friday: <a href="#">Lentil Salad</a> \$3.40</p>	<p>English cucumber (1) <b>Other veggie ideas for wraps:</b> <i>(alfalfa sprouts, chopped tomato, radish, corn, lettuce, cabbage, beets)</i> Bell pepper (1) Onion ( ¼ red) Parsley (1 Tbsp. chopped) Cilantro (1 Tbsp. chopped)</p>		