



Tastes Better from Scratch™

<p>Monday: Instant Pot Lentil Tacos \$4.39</p>	<p>Produce: Avocado (1) Baby Arugula (1 1/2 cups) Baby Spinach (2.50 oz) Chopped Fresh Cilantro (1/4 cup) Chopped Basil (1/3 cup) Spinach (1/2 cup) Garlic (4 cloves) Garlic Cloves (3) Green Onion (2) Onion (1) Poblano Chiles (5) Red Bell Pepper (1/2) Small Onion (1) Sweet Bell Pepper (6) Tomato (1)</p>	<p>Refrigerated: Butter (4 Tbsp) Eggs (4 large) Frozen Corn (1 cup) Grated Parmesan Cheese (1) Milk- not skim (2 1/2 cups) Monterrey Jack Cheese (8 oz) Plain Greek Yogurt (1/4 cup) Provolone Cheese (5 slices) Shredded Cheese (1 1/2 cups) Sour Cream</p>	<p>Spices: Black Pepper (1 tsp) Chili Powder (2 1/2 tsp) Red Pepper Flakes (1/2 tsp) Cumin (2 tsp) Basil (1/2 tsp) Parsley (1/2 tsp) Garlic Powder (2 tsp) Italian Seasoning (1 tsp) Salt (1 1/2 tsp) Onion Powder (1 tsp) Salt & Pepper to taste</p>
<p>Tuesday: Sun-Dried Tomato Pasta \$10.50</p>		<p>Canned Goods: Black Beans (15 oz. can) Chicken or Veggie Broth (1 1/4 cup) Diced Tomatoes (14.50 oz. can) Diced Tomatoes with Green Chilies (15.50 oz. can) Low-sodium chicken broth (4 cups) Olives Sun-dried Tomatoes packed in oil (1/2 cup)</p>	<p>Bread/Grains: Cooked Brown Rice (1 cup) Cooked Quinoa (2 cups) Cooked Rice (1 1/2 cups) Corn or Flour Tortillas Panko Bread Crumbs (1/2 cup) Penne Pasta (1 lb) Whole Wheat Buns (5)</p>
<p>Wednesday: Quinoa Burger \$17.38</p>	<p>Other: Dry Lentils (2 cups) Oil for frying Salsa (1/2 cup) Salsa Roja Your favorite sauce</p>	<p>Pantry Staples: All Purpose Flour (3/4 cup) Baking Powder (1/2 tsp) Baking Soda (1/2 tsp) Flour (1/4 cup) Olive Oil (1 Tbsp)</p>	<p>Want to swap out a recipe or add a side? Add this meal plan to your collection! Register for a free account or login to get started!</p>
<p>Thursday: Southwest Vegetarian Stuffed Peppers \$19.60</p>		<p>Friday: Chiles Relleno \$11.62</p>	
<p>Estimated Total: \$63.49</p>			