



## MONDAY



**Pink Sauce Pasta**  
\$12.44

## TUESDAY



**Black Bean Burger**  
\$6.90

## WEDNESDAY



**Spring Roll Bowl**  
\$16.08

## THURSDAY



**Crispy Bean and  
Cheese Burritos**  
\$4.51

## FRIDAY



**Creamy Tortellini  
Soup**  
\$9.18

Estimated Total: \$49.11

### Produce:

Avocado (1)  
Bell Pepper (1)  
Carrot (1 large)  
English Cucumber (1)  
Basil Leaves (1 2/3 cup)  
Cilantro (1/3 cup)  
Mint Leaves (1/3 cup)  
Spinach Leaves (1 1/2 cup)  
Garlic (2 tsp + 10 cloves)  
Green Bell Pepper (1/2)  
Lime Juice (2 tsp)  
Mango (1)  
Onion (1 + 1/2 small)  
Serrano Pepper (2)  
Shallot (1)  
Desired Burger Toppings: Lettuce,  
Tomato, etc.

### Refrigerated:

Butter (3 Tbsp)  
Cheese Tortellini (8 oz)  
Egg (1 large)  
Parmesan Cheese (1 1/2 cup)  
Heavy Cream (1 3/4 cup)  
Shredded Mexican Blend Cheese (1/2 cup)

### Canned Goods:

Adobo Sauce (1 Tbsp)  
Black Beans (15 oz)  
Chipotle Peppers in Adobo Sauce (2)  
Diced Tomatoes (14.5 oz can)  
Refried Beans (16 oz can)  
Tomato Sauce (8 oz)  
Vegetable Broth (3 cups)  
Whole Peeled Tomatoes (29 oz)

### Pantry:

All-Purpose Flour (1/4 cup)  
Creamy Peanut Butter (1/2 cup)  
Dry Roasted Peanuts (2/3 cup)  
Dry White Wine (1/4 cup)  
Hoisin Sauce (2 Tbsp)  
Low-Sodium Soy Sauce (1/4 cup)  
Mayonnaise (1 cup)  
Olive Oil (2 Tbsp)  
Rice Wine Vinegar (2 Tbsp)  
Salsa (1 Tbsp)  
Sriracha Hot Sauce (2 tsp)  
Sweet Chili Sauce (1/2 cup)

### Protein:

Crispy Tofu

### Bread & Grains:

Dry Rice Noodles (14 oz)  
Rigatoni (1 lb)  
Flour Tortillas (6 medium)  
Hamburger Buns (4)  
Whole Wheat Breadcrumbs (2/3 cup)

### Seasonings:

Chili Powder  
Red Chili Flakes  
Red Pepper Flakes  
Cumin  
Basil  
Oregano Leaves  
Garlic Powder  
Italian Seasoning  
Salt & Pepper

**Tastes Better  
from Scratch™**

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