



MONDAY



Chickpea Curry
\$14.89

TUESDAY



Tomato Pie
\$8.95

WEDNESDAY



**Leek and Potato
Soup**
\$17.93

THURSDAY



Pesto Pasta Salad
\$12.36

FRIDAY



Thai Quinoa Salad
\$9.07

Estimated Total: \$63.20

Produce:

Basil Pesto (1 3/4 cup)
Carrots (1 cup)
Cherry Tomatoes (2 cups)
Cilantro (2 cups)
Edamame (1 cup)
Basil Leaves (10)
Lime Juice
Minced Ginger (2 Tbsp)
Thyme (4 sprigs)
Grated Ginger (2 tsp)
Garlic (4 cloves)
Green Onion (1/2 cup + 2)
Large Onion (1)
Leeks (2 large)
Mini Cucumbers (2)
Red Bell Pepper (1)
Red Cabbage (1 heaping cup)
Red Onion (1/4 cup)
Roma Tomatoes (5)
Yukon Gold Potatoes (2 lbs)

Bread & Grains:

Farfalle Pasta (8 oz)
Hot Cooked Basmati Rice (8 oz)
Naan Bread
Quinoa (3/4 cup)

Canned Goods:

Chicken Stock (4 cups)
Chickpeas (2 - 16 oz cans)
Diced Fire-Roasted Tomatoes (2 - 14 oz cans)
Tomato Paste (2 Tbsp)
Unsweetened Coconut Milk (13.5 oz can)

Pantry:

Baking Soda (A Pinch)
Cashews (1/2 cup)
Coconut Oil (2 Tbsp)
Cornstarch (1 tsp)
Creamy Peanut Butter (1/4 cup)
Honey (1 Tbsp)
Low-Sodium Soy Sauce (3 Tbsp)
Mayonnaise (3/4 cup)
Olive Oil (1 tsp)
Pre-Baked Pie Crust (1 - 9 inch)
Red Wine Vinegar (1 Tbsp)
Sesame Oil (1 tsp)
Sriracha Hot Sauce (1 tsp)
White Wine (1/2 cup)

Refrigerated:

Butter (3 Tbsp)
Mozzarella Cheese (3 oz + 1 cup shredded)
Grated Parmesan Cheese (2 Tbsp + 1/4 cup)
Shredded Cheddar Cheese (1 cup)
Heavy Cream (1 cup)

Seasonings:

Bay Leaves
Garam Masala
Ground Coriander
Mustard Seed
Sea Salt
Turmeric
Whole Cumin Seeds
Salt & Pepper
Red Pepper Flakes

**Tastes Better
from Scratch**

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!