



MONDAY



Pad Thai
\$12.64

TUESDAY



Instant Pot Lentil Tacos
\$4.39

WEDNESDAY



Crispy Bean & Cheese Burritos
\$4.51

THURSDAY



Spinach Avocado Pasta Salad
\$9.16

FRIDAY



Thai Quinoa Salad
\$9.07

Estimated Total: \$39.77

Produce:

Garlic (5 cloves)
Bean Sprouts (1 cup)
Red Bell Pepper (2)
Green Onion (5)
Lime (2)
Cilantro (2 bunches)
Avocado (2)
Spinach Leaves (2 cups)
Sweet Onions (1/4 cup)
Cherry Tomatoes (1 1/2 cup)
Lemon (1)
Red Cabbage (1 heaping cup)
Red Onion (1/4 cup)
Carrot (1 cup)
Grated Ginger (2 tsp)

Refrigerated:

Eggs (2)
Shredded Mexican Cheese (1/2 cup)
Edamame (1 cup)
Taco Toppings: Shredded cheese, sour cream

Protein:

Extra Firm Tofu (8 oz)

Pantry:

Oil (3 Tbsp)
Soy Sauce (4 Tbsp)
Brown Sugar (5 Tbsp)
Rice Vinegar (2 Tbsp)
Creamy Peanut Butter (1/4 cup + 2 Tbsp)
Olive Oil (3 Tbsp)
Sugar
Dijon Mustard (2 tsp)
Honey (1 Tbsp)
Red Wine Vinegar (1 Tbsp)
Sesame Oil (1 tsp)
Dry Roasted Peanuts (1/2 cup)
Fish Sauce (3 Tbsp)
Sriracha Hot Sauce (1 1/3 Tbsp)
Cashew Halves (1/2 cup)
Salsa (1 cup)

Bread & Grains:

Flat Rice Noodles (8 oz)
Quinoa (3/4 cup)
Dry Lentils (2 cups)
Corn or Flour Tortillas (for tacos)
Flour Tortillas (6-8 medium for burritos)
Penne (1 1/2 cups)

Canned Goods:

Vegetable Broth (4 cups)
Diced Tomatoes (14.5 oz)
Olives (small can)
Refried Beans (16 oz)
Chickpeas (15 oz)

Seasonings:

Onion Powder
Garlic Powder
Chili Powder
Cumin
Salt & Pepper

**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!