



## MONDAY



**Spaghetti Pie**  
\$5.29

## TUESDAY



**Creamy Pesto Tortellini Salad**  
\$17.35

## WEDNESDAY



**Spring Roll Bowl**  
\$16.08

## THURSDAY



**The Best Black Bean Burger**  
\$6.90

## FRIDAY



**Sweet Potato Black Bean Enchiladas**  
\$18.55

Estimated Total: \$

### Produce:

Basil Leaves (1 cup)  
Cherry Tomatoes (1 1/2 cups)  
Green Onions (3)  
Garlic Cloves (5)  
Mint Leaves (1/3 cup)  
Cilantro (1 bunch)  
Serrano Peppers (2)  
Avocados (2)  
Carrot (1 large)  
Bell Peppers (2)  
English Cucumber (1)  
Mango (1)  
Green Bell Pepper (1/2)  
Onion (1/2 small)  
Lime Juice (2 tsp)  
Desired Burger Toppings: lettuce, tomato, etc.

### Refrigerated:

Caesar Salad Dressing (2/3 cup)  
Parmesan Cheese (1 2/3 cup, grated)  
Butter (3 Tbsp)  
Eggs (2 large)  
Cottage Cheese (1 cup)  
Three Cheese Tortellini (20 oz)  
Cheddar Cheese (2 cups)

### Pantry:

Creamy Peanut Butter (1/2 cup)  
Hoisin Sauce (2 Tbsp)  
Low-Sodium Soy Sauce (1/4 cup)  
Rice Wine Vinegar (2 Tbsp)  
Mayonnaise (1 cup)  
Olive Oil (2 Tbsp)  
Sunflower Seeds (1/3 cup)  
Sriracha Hot Sauce (3 tsp)  
Dry Roasted Peanuts (2/3 cup)  
Sweet Chili Sauce (1/2 cup)  
Basil Pesto (1/4 cup)

### Protein:

Tofu (for spring roll)

### Bread & Grains:

Spaghetti Noodles (8 oz)  
Dry Rice Noodles (14 oz)  
Whole Wheat Breadcrumbs (2/3 cup)  
Hamburger Buns (5)  
Cooked Brown Rice (2 cups)  
Flour Tortillas (10-12 large)

### Canned Goods:

Marinara Sauce (1 1/2 cup)  
Black Olives (6 oz)  
Black Beans (30 oz)  
Chipotle Peppers in Adobo Sauce (1)  
Red Enchilada Sauce (1 can or homemade)

### Seasonings:

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!