



MONDAY



Slow Cooker 3 Cheese Ziti
\$12.28

TUESDAY



Penne Arrabbiata
\$4.82

WEDNESDAY



Cashew Crunch Wraps (no chicken)
\$11.41

THURSDAY



White Garlic Vegetable Pizza (no chicken)
\$9.01

FRIDAY



Southwest Quinoa Salad
\$10.14

Estimated Total: \$47.66

Produce:

Garlic Cloves (8)
Basil Leaves (12)
Flat Leaf Parsley (1/3 cup)
Red Cabbage (3/4 cup)
Carrots (2)
Snap Peas (2/3 cup)
Red Bell Pepper (1/2)
Tomato (1)
Onion (1/4 cup)
Spinach Leaves (1 cup)
Cherry Tomatoes (1 1/2 cup)
Green Onions (5)
Avocados (2)
Limes (2)
Mushrooms (1/2 cup)

Refrigerated:

Cream Cheese (4 oz)
Sour Cream (1/4 cup)
Ricotta (1/2 cup)
Parmesan Cheese (2 1/2 cups)
Shredded Mozzarella (2 cups)
Butter (2 Tbsp)
Milk (1 1/4 cup)

Pantry:

Creamy Vinaigrette Dressing (1/3 cup)
Cashews (2/3 cup)
Olive Oil (1/2 cup)
Flour (3 Tbsp)
Vegetable Broth (2 cups)

Bread & Grains:

Quinoa (1 cup)
Pizza Dough (store bought or homemade - large)
Ziti Pasta (16 oz)
Penne Rigata (1 lb)
Flour Tortillas (5 large)

Canned Goods:

Marinara Pasta Sauce (2 - 24 oz)
Tomato Sauce (16 oz)
Whole Peeled Tomatoes (28 oz)
Tomato Paste (2 Tbsp)
Artichoke Hearts (1/2 cup)
Black Beans (15 oz can)

Seasonings:

Crushed Red Pepper Flakes
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!