



MONDAY



Pad Thai
\$10.53

TUESDAY



Manicotti
\$14.69

WEDNESDAY



Broccoli Cheese Soup
\$13.48

THURSDAY



Buddha Bowl
\$13.92

FRIDAY



Sun Dried Tomato Pasta
\$10.50

Estimated Total: \$63.12

Produce:

Garlic Cloves (8)
Green Beans (1 cup)
Red Bell Pepper (1)
Green Onions (3)
Lime (2)
Cilantro (1/2 cup)
Parsley Leaves (5 Tbsp)
Basil Leaves (2/3 cup)
Carrots (2)
Celery (2 ribs)
Yukon Gold or Russet Potatoes (2 small/medium)
Yellow Onion (1 medium)
Broccoli (4 1/2 cups)
Spinach (5 cups plus 2.5 oz)
Sweet Potatoes (2)
Avocado (1)
Roma Tomato (1)
Jalapeno (1 small)

Protein:

Extra Firm Tofu (8 oz)
Falafel or protein of choice (for Buddha Bowl)

Pantry:

Dry Roasted Peanuts (1/2 cup)
Rice Vinegar (2 Tbsp)
Sriracha (1 Tbsp)
Creamy Peanut Butter (2 Tbsp)
Chopped Nuts (walnuts, pecans, almonds, pine nuts, pistachios, etc.)
Oil (3 Tbsp)
Soy Sauce (4 Tbsp)
Light Brown Sugar (5 Tbsp)
Flour (1/2 cup)
Olive Oil (1/3 cup)
White Vinegar (2 tsp)

Refrigerated:

Eggs (4)
Ricotta (3 cups)
Parmesan (3 cups, grated)
Mozzarella Cheese (8 oz, shredded)
Butter (9 Tbsp)
Half & Half (2 cups)
Whole Milk (1 1/2 cups)
Cheddar Cheese (3 cups, shredded)
Feta Cheese (1/2 cup)
Plain Greek Yogurt (1 cup)
Milk (2 cups)

Bread & Grains:

Flat Rice Noodles (8 oz)
No Boil Lasagna Noodles (16)
Quinoa or Brown Rice (1 1/2 cups)
Penne (1 lb)

Canned Goods:

Marinara (3 cups store bought or homemade)
Vegetable Broth (4 1/4 cups)
Sun-Dried Tomatoes packed in oil (1/2 cup)

Seasonings:

Kosher Salt
Dried Dill
Onion Powder
Garlic Powder
Basil
Italian Seasoning
Parsley Flakes
Crushed Red Pepper Flakes
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!