



**MONDAY**



**Creamy Pesto Tortellini**  
\$17.35

**TUESDAY**



**Mushroom Tacos**  
\$6.97

**WEDNESDAY**



**White Pizza**  
\$9.01

**THURSDAY**



**Veggie Wrap**  
\$9.79

**FRIDAY**



**Lentil Salad**  
\$3.40

**Estimated Total: \$46.52**

**Produce:**

- Cherry Tomatoes (1 1/2 cups)
- Green Onions (3)
- Basil Pesto (1/4 cup)
- Basil Leaves (6-8, for garnish)
- Portobello Mushroom Caps (3)
- Onion (1/2)
- Jalapeno (1)
- Garlic Cloves (5)
- Lime (1/2)
- Baby Arugula Greens (2 cups)
- Lemon Juice
- Edamame (1 cup)
- Baby Spinach Leaves (2 cups)
- Avocados (1-2)
- Carrot (1 large)
- English Cucumber (1)
- Bell Pepper (1)
- Red Onion (1/4)
- Parsley (1 Tbsp, chopped)
- Cilantro (1 Tbsp, chopped)

Toppings for tacos: cilantro, bell pepper, cabbage, corn, avocado

Other Veggie ideas for wraps: (alfalfa sprouts, chopped tomato, radish, corn, lettuce, cabbage, beets)

**Pantry:**

- Olive Oil
- Caesar Salad Dressing (2/3 cup)
- Sunflower Seeds (1/3 cup)
- Red Wine Vinegar (2 Tbsp)

**Refrigerated:**

- Three Cheese Tortellini (20 oz)
- Parmesan (2/3 cup, grated)
- Mozzarella (8 oz ball)
- Ricotta (1/3 cup)
- Pecorino Romano (1/3 cup)
- Hummus (2/3 cup)
- Mayonnaise (2 Tbsp)
- Cheese (optional for tacos)

**Canned Goods:**

- Black Olives (6 oz)
- Black Beans (optional for tacos)

**Bread & Grains:**

- Corn or Flour Tortillas (4-5)
- Pizza Dough (1 large homemade or store bought)
- Whole Wheat Flour Tortillas (4 large)
- Lentils (1 1/2 cup)

**Seasonings:**

- Garlic Powder
- Taco Seasoning (2 Tbsp)
- Kosher Salt
- Dried Oregano
- Dried Thyme
- Salt & Pepper



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!