



## MONDAY



**Instant Pot Lentil Tacos**  
\$4.39

## TUESDAY



**Sun-Dried Tomato Pasta**  
\$10.50

## WEDNESDAY



**Quinoa Burger**  
\$17.38

## THURSDAY



**Southwest Vegetarian Stuffed Peppers**  
\$19.60

## FRIDAY



**Chiles Relleno**  
\$11.62

Estimated Total: \$63.49

### Produce:

Avocado (1)  
Baby Arugula (1 1/2 cup)  
Baby Spinach (2.5 oz)  
Cilantro (1/4 cup, chopped)  
Basil (1/3 cup, chopped)  
Spinach (1/2 cup)  
Garlic Cloves (7)  
Green Onion (2)  
Onion (1 + 1 small)  
Poblano Chiles (5)  
Red Bell Pepper (1/2)  
Sweet Bell Pepper (6)  
Tomato (1)

### Refrigerated:

Butter (4 Tbsp)  
Eggs (4 large)  
Frozen Corn (1 cup)  
Grated Parmesan Cheese (1)  
Milk - not skim (2 1/2 cup)  
Monterrey Jack Cheese (8 oz)  
Plain Greek Yogurt (1/4 cup)  
Provolone Cheese (5 slices)  
Shredded Cheese (1 1/2 cup)  
Sour Cream

### Pantry:

All Purpose Flour (3/4 cup)  
Baking Powder (1/2 tsp)  
Baking Soda (1/2 tsp)  
Flour (1/4 cup)  
Olive Oil (1 Tbsp)  
Oil (for frying)  
Salsa (1/2 cup)  
Salsa Roja  
Your Favorite Sauce  
Dry Lentils (2 cups)

### Canned Goods:

Black Beans (15 oz can)  
Chicken or Veggie Broth (1 1/4 cup)  
Diced Tomatoes (14.5 oz can)  
Diced Tomatoes with Green Chilies (15.5 oz can)  
Low-Sodium Chicken Broth (4 cups)  
Olives  
Sun-dried Tomatoes packed in oil (1/2 cup)

### Bread & Grains:

Cooked Brown Rice (1 cup)  
Cooked Quinoa (2 cups)  
Cooked Rice (1 1/2 cups)  
Corn or Flour Tortillas  
Panko Bread Crumbs (1/2 cup)  
Penne Pasta (1 lb)  
Whole Wheat Buns (5)

### Seasonings:

Chili Powder  
Red Pepper Flakes  
Cumin  
Basil  
Parsley  
Garlic Powder  
Italian Seasoning  
Onion Powder  
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!