



MONDAY



Pesto Tortellini
\$17.35

TUESDAY



Vegetarian Enchiladas
\$19.63

WEDNESDAY



Bulgur Salad
\$21.25

THURSDAY



Pink Sauce Pasta
\$12.44

FRIDAY



Italian Grilled Cheese
\$4.55

Estimated Total: \$75.22

Produce:

- Avocado (1)
- Basil Pesto (1/4 cup)
- Bell Pepper (1)
- Cherry Tomatoes (1 1/2 cups)
- English Cucumber (1/2)
- Basil Leaves (4 Tbsp + 1 cup +6 leaves)
- Parsley (1/2 cup, chopped)
- Cilantro
- Fresh Dill (1/4 cup)
- Mint Leaves (1/2 cup)
- Garlic (1 tsp + 7 cloves)
- Green Onions (3)
- Lemon (1 large)
- Onion (1/4 cup)
- Red Onion (1/4 cup)
- Shallot (1)
- Sweet Potatoes (2 small/medium)

Refrigerated:

- Butter (2 Tbsp + more for spreading)
- Cheddar Cheese (8 thin slices + 2 cups)
- Cheese Tortellini (20 oz package)
- Feta Cheese Crumbs (1/3 cup)
- Parmesan Cheese (2/3 cup, grated +1 cup)
- Heavy Cream (1 1/4 cup)
- Mozzarella Cheese (8 thin slices)

Pantry:

- Caesar Salad Dressing (1 cup)
- Dry White Wine (1/4 cup)
- Extra Virgin Olive Oil (1/4 cup)
- Olive Oil (3 Tbsp)
- Sunflower Seeds (1/3 cup)
- Whole Shredded Pistachios (1/3 cup)

Bread & Grains:

- Cooked Brown Rice (2 cups)
- Crusty Artisan Bread (8 slices)
- Flour Tortillas (10 large)
- Uncooked Bulgur (1 cup)
- Rigatoni (1 lb)

Canned Goods:

- Red Enchilada Sauce (1 can or homemade)
- Black Beans (15 oz)
- Black Olives (6 oz)
- Chickpeas (15 oz)
- Marinara Pasta Sauce (1 cup)
- Whole Peeled Tomatoes (29 oz)

Seasonings:

- Red Pepper Flakes
- Dried Basil
- Oregano Leaves
- Garlic Powder
- Ground Cumin
- 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!