



MONDAY



Mushroom Tacos
\$6.97

TUESDAY



Spaghetti Pie
\$5.41

WEDNESDAY



Quinoa Burger
\$17.38

THURSDAY



Calzone
\$5.63

FRIDAY



Burrata Salad
\$28.35

Estimated Total: \$63.74

Produce:

Campari Tomatoes (5)
Dill (1/3 cup, chopped)
Mixed Greens (6 cups)
Avocado (1)
Baby Arugula (1 1/2 cup)
English Cucumber (1)
Basil Leaves (1/4 cup)
Basil (1 cup, chopped)
Cilantro
Jalapeno Pepper (1)
Spinach Leaves (1/2 cup)
Garlic Cloves (2)
Lime (1/2)
Red Onion (1/2 small)
Onion (1 1/2)
Pineapple
Portobell Mushroom Caps (3)
Red Bell Pepper (1/2)
Sliced Mushrooms
Tomato (1)
Lemon (1)
Optional Additional: Bell Pepper,
Cabbage, Onion, Corn

Pantry:

Kalamata Olives (1/2 cup)
Extra Virgin Olive Oil (1/3 cup)
Hot Sauce
Olive Oil (5 Tbsp)
Salsa or Pico de Gallo
Taco Seasoning (1 Tbsp)

Bread & Grains:

Cooked Brown Rice (1 cup)
Cooked Quinoa (2 cups)
Panko Bread Crumbs (1/2 cup)
Pizza Dough (2 lbs)
Spaghetti Noodles (8 oz)
Warm Corn or Flour Tortillas (4)
Whole Wheat Buns (5)
Pita Bread (2 slices)

Canned Goods:

Black Beans
Black Olives
Marinara Pasta Sauce (1 1/2 cups)
Pizza Sauce

Refrigerated:

Burrata (8 oz)
Butter (3 Tbsp)
Cheese
Cottage Cheese (1 cup)
Eggs (4 large)
Parmesan Cheese (1 cup + 2 Tbsp)
Plain Greek Yogurt (1/4 cup)
Provolone Cheese (5 slices)
Mozzarella Cheese (2 cups, shredded)

Seasonings:

Chili Powder
Cumin
Garlic Powder
Italian Seasoning
Salt & Pepper
Sumac
Sea Salt or Flake Salt

**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!