



MONDAY



Peanut Noodles
\$9.43

TUESDAY



Pizza Quesadilla
\$7.31

WEDNESDAY



Beet Salad
\$24.17

THURSDAY



Thai Quinoa Salad
\$9.07

FRIDAY



Buddha Bowl
\$14.52

Estimated Total: \$64.50

Produce:

- Beets (4 large)
- Avocado (1)
- Carrots (1 cup)
- Chives (1/4 cup)
- Edamame (1 cup)
- Basil Leaves (2 Tbsp)
- Parsley (3 Tbsp, chopped)
- Cilantro (2 Tbsp + 1/2 cup)
- Mint Leaves (2 Tbsp)
- Ginger (3 Tbsp, grated)
- Garlic Cloves (5)
- Green Onions (4)
- Red Bell Pepper (1)
- Red Cabbage (1 heaping cup)
- Red Onion (1/4 cup)
- Roma Tomato (1)
- Small Jalapeno Pepper (1)
- Spinach (5 cups)
- Sweet Potatoes (2)
- Optional: jalapeno, yellow peppers, onions, mushrooms, bell pepper, spinach leaves

Refrigerated:

- Crumbled Feta Cheese (1/2 cup)
- Plain Greek Yogrt (2 Tbsp + 1 cup)
- Pre-cooked Udon Noodles (1 lb)
- Shredded Cheese (3 cups)

Pantry:

- Balsamic Vinegar (2 Tbsp)
- Cashews (1/2 cup)
- Chili Oil (2 Tbsp)
- Creamy Peanut Butter (3/4 cup)
- Dijon Mustard (2 Tbsp)
- Dry Roasted Peanuts (2 Tbsp)
- Extra Virgin Olive Oil (1/3 cup)
- Falafel (optional)
- Honey (3 1/2 Tbsp)
- Low-Sodium Soy Sauce (1/4 cup + 3 Tbsp)
- Olive Oil (1 tsp + 1/3 cup)
- Red Wine Vinegar (3 Tbsp)
- Sesame Oil (2 1/2 Tbsp + 1 tsp)
- Sriracha Hot Sauce (1 tsp)
- White Vinegar (2 tsp)
- Walnuts, chopped (optional)

Seasonings:

- Dried Dill
- Italian Seasoning
- Kosher Salt
- Onion Powder
- Salt & Pepper
- Sesame Seeds

Canned Goods:

- Pizza Sauce (1 cup)
- Sliced Olives (optional for pizza quesadillas)

Bread & Grains:

- Flour Tortillas (4 large)
- Quinoa (2 1/4 cup)

**Tastes Better
from Scratch™**

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Vegetarian Meal Plan 13

PREP INSTRUCTIONS

**Tastes Better
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MONDAY

Peanut Noodles



- Noodles can be made ahead of time and stored in an airtight container for 3-4 days, reheat when ready to serve.

TUESDAY

Pizza Quesadilla



- Quesadillas can be made ahead of time and frozen. Lay assembled pizza quesadillas on lined sheet pan and flash freeze for 1 hour. Then place them in an air tight, freezer safe container, for up to 2 months. Reheat in the oven at 350F for 15 minutes or until warmed.

WEDNESDAY

Beet Salad



- So many elements of this salad can be made in advance, including cooking the beets, the whipped goat cheese and the vinaigrette. Store separately in the fridge for 3-5 days.

THURSDAY

Thai Quinoa Salad



- The veggies, quinoa, and peanut sauce can all be made in advance to make this quinoa salad even more effortless! Store everything separately in airtight containers in the fridge.

FRIDAY

Buddha Bowl



- This entire meal can be made ahead of time without the dressing and kept layered in a container in the fridge. Serve dressing on the side. Perfect for lunch or dinner meal prepping.