

MONDAY



**Spinach Lasagna Roll Ups**

**Tip:**

Squeeze thawed spinach in a kitchen or paper towel to remove excess moisture.

TUESDAY



**Egg Roll in a Bowl**

**Side dish ideas:**

- [White Rice](#)
- [Spicy Edamame](#)

WEDNESDAY



**Baked Ranch Chicken**

**Side dish ideas:**

- [Roasted Broccoli](#)
- [Garlic Roasted Potatoes](#)

THURSDAY



**Vegetarian Pad Thai**

**Tip:**

Pressing tofu properly is important for texture! Use a [press](#) or try my [easy method](#).

FRIDAY



**Chicken and Rice Casserole**

**Tip:**

If you have leftover chicken, stir it into the cooked gravy before adding to the rice.

SNACK/DESSERT



**Peanut Butter Cookies**

**Tip:**

Use a fork to criss-cross press the dough to flatten for even baking and crispy edges.

**Produce**

- red onion (1 small)
- yellow onions (2 large)
- garlic bulb (1)
- ginger root (1 small knob)
- green cabbage (1 small head)
- coleslaw mix (14 oz bag)
- mushrooms (16 oz)
- lime (2)

**Fresh Herbs** *optional*

- scallions (1 bunch)
- green onions (1 bunch)
- fresh basil (1 bunch)

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**Refrigerated**

**Dairy**

- extra firm tofu (14 oz block)
- ricotta cheese (15 oz container)
- full-fat sour cream (8 oz container)
- low moisture mozzarella (8 oz block)
- grated Parmesan cheese (8 oz container)
- butter (1 stick)
- eggs (1 dozen)

**Frozen**

- frozen chopped spinach (10 oz bag)

**Meat/Seafood**

- lean ground beef (1 lb)
- boneless skinless chicken breast (3¼ lb)

**Pantry**

- avocado oil (¼ cup)
- olive oil (¼ cup)
- sesame seed oil (sm bottle)
- soy sauce (1 bottle)
- rice vinegar (sm bottle)
- pad thai rice noodles (8 oz package)
- lasagna noodles (1 lb box)
- long grain white rice (1 lb bag)
- chicken stock (1 quart)
- marinara sauce (24 oz jar)
- sriracha (sm bottle)
- hoisin sauce (sm bottle)
- creamy peanut butter (16 oz jar)
- brown sugar (2 tbsp)
- granulated sugar (¾ cup)
- cornstarch (2 tbsp)
- toasted sesame seeds (sm jar)
- peanuts (8 oz bag)

**Bakery**

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**Spices**

- homemade ranch seasoning
- Italian seasoning
- paprika
- crushed red pepper

**Ingredient notes**

\* This ingredient can be used for many more recipes!  
 \*\* You may have this staple on hand