

Rachel Cooks

MEAL PLAN #5

MONDAY



Red Lentil Soup

- Makes 8 servings. Leftover soup makes great lunches or another meal.
- Serve the soup with a bread of your choice or No Knead Whole Wheat Bread (see bonus recipe below).

TUESDAY



Sheet Pan Shrimp Fajitas

- Make your own fajita seasoning (ingredients included on grocery list!) or buy a packet.
- Prep extra toppings to garnish the taco pasta tomorrow.

WEDNESDAY



Taco Pasta

- Makes 6 servings. Freeze any extra taco pasta or have it for lunch.

THURSDAY



Baked Chicken Cordon Bleu

- Serve the chicken with roasted broccoli (both cook at 425°F), or other vegetable or salad of your choice.

FRIDAY



Air Fryer Grilled Cheese Sandwiches

- Use homemade whole wheat bread (bonus recipe) or any bread of your choice.
- Serve the sandwiches with Marinated Tomatoes or Refrigerator Dill Pickles. Prep them up to a week ahead. Add ingredients to grocery list if you decide to make one of these recipes.

BONUS



No Knead Whole Wheat Bread

- Makes 2 loaves, plenty for sandwiches or toast. It makes wonderful grilled cheese sandwiches (Day 5)!

NOTES

- If you have extra corn tortillas from the fajitas, make fresh baked tortilla chips or air fryer tortilla chips. It's really easy and they're delicious! They go great with the fajitas!





GROCERY LIST FOR MEAL PLAN #5

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- onion (2) - M/W
- red onion (1) - T
- yellow bell pepper (1) - M
- bell peppers, any color (4) - Tu/W
- lemon - M
- broccoli (1 head or about ½ lb) - Th

BREAD / PASTA / GRAINS

- dried red lentils (16 oz) - M
- corn tortillas - Tu
- whole wheat rotini (3 c) - W

PANTRY

- dried apricots (½ c) - M
- brown sugar - Tu
- all-purpose flour - W
- panko (½ c) - Th
- Dijon mustard (1 ½ tsp) - Th
- whole wheat flour (2 c) - Bonus
- bread flour (4 c) - Bonus
- active dry yeast (2 packets) - Bonus
- honey (¼ c) - Bonus

MEAT / FISH / PROTEIN

- medium shrimp, peeled, deveined, tail-off (1 lb) - Tu
- lean ground turkey - W
- boneless skinless chicken breasts (3 or about 2 lbs) - Th
- sliced deli ham (4 oz) - Th

CANNED GOODS

- vegetable broth (32 oz) - M
- 14.5 oz can diced tomatoes - M
- 14.5 oz can petite diced tomatoes with green chiles - W
- tomato paste - W
- 15.25 oz can black beans - W

OTHER

- toppings for fajitas and taco pasta (lettuce, tomato, salsa, avocado, sour cream, etc) - M/W

DAIRY / REFRIGERATED

- whole or 2% milk - W
- shredded sharp cheddar cheese (4 oz) - W
- sliced Swiss cheese (4 oz) - Th
- sliced cheese of your choice (8 oz) - F
- butter (at least 8 T or 1 stick) - F/Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried parsley - M
- ground cumin - M/Tu/W
- garlic powder - M/Th
- dried thyme - M
- chili powder - Tu/W
- paprika - Tu/W
- onion powder - Tu
- Mexican oregano - Tu/W
- cayenne pepper - Tu

NOTES

- If you can't find Mexican oregano for the fajita seasoning (Tu), Italian oregano is fine.

