

Rachel Cooks

MEAL PLAN #7

MONDAY



Vegetarian Stuffed Portobello Mushrooms

- Serve with a fresh green salad topped with Italian dressing (see bonus recipe).
- You'll be using the rest of the ricotta and mozzarella cheese in the skillet lasagna.

TUESDAY



Baked Honey Mustard Chicken and Instant Pot Mashed Potatoes

- The mashed potatoes recipe makes a big batch. Use 4 cups for dinner today and save 6 cups of the potatoes for dinner tomorrow.
- If you don't have an Instant Pot, try our [slow cooker mashed potatoes](#).
- Serve with a vegetable of your choice.

WEDNESDAY



Loaded Mashed Potato Casserole

- This recipe makes 12 side servings, ½ cup each. As a main dish, it's four generous servings.
- Serve with a green salad with Italian dressing (see bonus recipe).

THURSDAY



Easy Skillet Lasagna (one pan)

- This recipe makes 8 servings. Leftovers are delicious and reheat well (store the cheese mixture separately). If you prefer, the recipe can be halved.

FRIDAY



Avocado Chicken Salad

- [Poach chicken](#) (you can do it a day or two in advance) or purchase rotisserie chicken (we love the kind that's off the bone and pre-shredded!).
- Serve with tortilla chips and salsa. Try my [restaurant style salsa](#) or [chipotle salsa](#).

BONUS



Italian Dressing

- It's easy to make your own vinaigrettes and salad dressings. Homemade dressing is more economical, healthier, and tastes better, too. It keeps well in the refrigerator for up to a week.
- Be sure to include [homemade croutons](#), too!

NOTES

- Not a fan of Italian dressing? Take a look at my list of [salad dressing recipes](#). I'm sure you'll find a favorite.
- If you decide to make homemade salsa or homemade croutons, add ingredients to the grocery list.





GROCERY LIST FOR MEAL PLAN #7

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

- large portobello mushrooms (4) - *M*
- garlic (3 cloves) - *M/Th*
- yellow onion (1 medium) - *Th*
- red onion (1 small) - *F*
- russet potatoes (5 lbs) - *Tu*
- fresh basil (½ c) - *M/Th*
- fresh parsley - *M/F*
- green onions (1 bunch) - *W*
- baby spinach (4 c) - *Th*
- avocados (2) - *F*
- lemon (1) - *F*
- celery - (½ c) - *F*
- salad greens - *for week*
- salad toppings (carrots, celery, tomatoes, etc) - *for week*

DAIRY / REFRIGERATED

- part-skim ricotta cheese (16 oz) - *M/Th*
- shredded mozzarella cheese (8 oz) - *M/Th*
- shredded cheddar cheese (8 oz) - *W*
- grated parmesan cheese (¼ c) - *M*
- unsalted butter (5 T) - *M/Tu*
- whole milk or heavy cream (1 ½ c) - *Tu*
- eggs (2) - *W*
- cream cheese (8 oz) - *W*
- sour cream (½ c) - *W*
- plain greek yogurt (½ c) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *M/Bonus*
- dried crushed rosemary - *Tu*
- garlic powder - *Tu/W/Bonus*
- dried basil - *Th/Bonus*
- dried parsley - *Bonus*
- red pepper flakes - *Bonus*

PANTRY

- sun-dried tomatoes (½ c) - *M*
- panko breadcrumbs (½ c) - *M*
- whole-grain mustard (¼ c) - *Tu*
- dijon mustard (¼ c) - *Tu/Bonus*
- honey (½ c) - *Tu*
- slivered almonds (optional) - *F*
- white wine vinegar (¼ c) - *Bonus*
- granulated sugar - *Bonus*

BREAD / PASTA / GRAINS

- lasagna noodles (¾ lb) - *Th*
- bread, croissants, or wraps for chicken salad - *F*

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (2 lbs) - *Tu*
- bacon (5 strips) - *W*
- raw Italian sausage links or ground Italian sausage (16oz-19.5oz) - *Th*
- shredded rotisserie chicken (3c) - *F*

CANNED GOODS

- 25 oz jar pasta sauce (2) - *Th*
- 14.5 oz can petite diced tomatoes - *Th*

OTHER

- optional: chives, additional butter & sour cream for serving mashed potatoes - *Tu*
- vegetable of choice - *Tu*
- chips & salsa (or add ingredients for homemade salsa) - *F*
- croutons for salads, if desired (or add ingredients to make homemade) - *for week*

NOTES

- We included extra salad ingredients. A fresh green salad with homemade dressing goes well with any of the meals above.
- We included rotisserie chicken for the chicken salad. If you'd rather poach your own, buy 2 extra boneless skinless chicken breasts. We recommend cooking the chicken a day ahead and refrigerating it so it's well-chilled before you make the salad.

