

Rachel Cooks

MEAL PLAN #2

MONDAY



Lentil Soup with Pasta

- Make homemade corn muffins to serve with the soup (add ingredients to grocery list if you decide to make muffins).
- Leftover soup makes a great lunch!

TUESDAY



Shrimp and Vegetable Stir Fry

- Use your favorite method to make steamed rice. We love Instant Pot White Rice. It's easy and turns out perfectly every time.
- Feel free to sub in alternate vegetables in the stir fry.

WEDNESDAY



Chicken Bites (make a double batch)

- Chicken bites can be served with a bagged salad mix or cooked frozen vegetables of your choice for an easy meal.

THURSDAY



Instant Pot Mac and Cheese with Broccoli

- Serve with leftover chicken bites.
- If you don't have an Instant Pot, try our baked macaroni and cheese. Adjust grocery list accordingly.

FRIDAY



Sloppy Joes (Turkey or Beef)

- Serve with air fryer french fries or air fryer sweet potato fries (add ingredients to grocery list if you'd like to do this)

BONUS



Oatmeal Raisin Cookies (Whole Wheat!)

- Bake a batch of these hearty cookies for snacks, lunchboxes, or desserts. They freeze well, too!

NOTES

- If you're looking to simplify things, serve the soup with bakery bread instead of corn muffins.





GROCERY LIST FOR MEAL PLAN #2

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

- turnip (1 medium) - *M*
- carrot (3 medium) - *M*
- celery (4 stalks) - *M*
- onion (5) - *M/Tu/F*
- jalapeño pepper (1) - *M*
- garlic (4 cloves) - *M/Tu*
- fresh cilantro - *M*
- fresh parsley - *Tu*
- lemon (2) - *Tu*
- red bell pepper (2) - *Tu/F*
- green bell pepper (1) - *F*
- asparagus (1 lb) - *Tu*
- zucchini (8 oz) - *Tu*
- broccoli (1 head or about 4 cups) - *Th*

MEAT / FISH / PROTEIN

- 1 pound raw shrimp (20-30 per pound), peeled and deveined - *Tu*
- boneless skinless chicken breasts (2 lb) - *W*
- ground turkey or ground beef (16 oz) - *F*

BREAD / PASTA / GRAINS

- dried brown lentils (16 oz) - *M*
- ditalini pasta (¾ c) - *M*
- rice for serving stir-fry - *Tu*
- cavatappi pasta (16 oz) - *Th*
- hamburger or slider buns - *F*
- old-fashioned rolled oats (3 c) - *Bonus*

CANNED GOODS

- vegetable broth (4 c) - *M*
- 14.5 oz can diced tomatoes - *M*
- chicken broth (¾ c) - *Tu*
- evaporated milk (12 oz) - *Th*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M*
- dried oregano - *M*
- paprika - *W*
- onion powder - *W*
- garlic powder - *W/F*
- ground mustard - *Th*
- ground cinnamon - *Bonus*
- ground or grated nutmeg - *Bonus*
- ground cloves - *Bonus*
- ground ginger - *Bonus*

DAIRY / REFRIGERATED

- shredded sharp cheddar cheese (3 ½ c or 16 oz package) - *Th*
- butter (1 c or 2 sticks) - *Bonus*
- eggs (2) - *Bonus*

PANTRY

- cornstarch (¼ c) - *W*
- ketchup (¾ c) - *F*
- yellow mustard - *F*
- Worcestershire sauce - *F*
- brown sugar - *F/Bonus*
- granulated sugar - *Bonus*
- baking powder - *Bonus*
- baking soda - *Bonus*
- raisins (1 c) - *Bonus*

OTHER

- bagged salad or frozen vegetables to go with chicken bites - *W*
- toppings or sides dishes for sloppy joes - *F*

NOTES

