

Rachel Cooks

MEAL PLAN #4

MONDAY



Instant Pot Minestrone Recipe

- Serve with crackers or bread, if desired.
- Makes 6 servings. Leftover soup makes a great lunch or can be frozen.

TUESDAY



Beef Stir Fry With Vegetables

- Try Instant Pot White Rice or Instant Pot Brown Rice.
- Substitute chicken, shrimp, or pork for the beef, if desired. If you still have celery in the fridge from Monday's soup, add a couple stalks of celery to the stir fry instead of the peas or broccoli, or in addition.

WEDNESDAY



Stuffed Pepper Casserole

- Serve with fresh fruit, if desired.

THURSDAY



Slow Cooker Italian Pot Roast and Instant Pot Polenta

- If desired, substitute mashed red potatoes for the polenta. Adjust grocery list accordingly.
- The pot roast makes 8 servings. Reserve half of the roast for pot roast sandwiches tomorrow.

FRIDAY



Pot Roast Sandwiches with Air Fryer Zucchini Chips

- If desired, serve the sandwiches with another side of your choice: chips, deli salad, etc.
- Use leftover cheese from stuffed pepper casserole on your sandwiches.

BONUS



Chia Seed Pudding

- Chia seed pudding is a healthy dessert, snack, or breakfast. Top it with fresh fruit or homemade granola if you like.

NOTES

- If you're feeling ambitious, try our dutch oven no-knead bread with the soup. Make sure to add ingredients to the grocery list.





GROCERY LIST FOR MEAL PLAN #4

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

- carrot (8 medium) - *M/Tu/Th*
- celery (3 stalks) - *M/Th*
- yellow onion (3) - *M/W/Th*
- red onion (1) - *Tu*
- garlic (7 cloves) - *M/Tu/Th*
- zucchini (4) - *M/F*
- parsley (1 bunch) - *M/W/Th*
- ginger root - *Tu*
- broccoli florets (2 c) - *Tu*
- sugar snap or snow peas (1 ½ c) - *Tu*
- green onions (3) - *Tu*
- bell peppers (2) - *W*

DAIRY / REFRIGERATED

- 2 cups shredded parmesan cheese (8 oz) - *M/Th*
- 2 cups shredded sharp cheddar cheese or mozzarella cheese (8 oz) - *W*
- unsalted butter (2 T) - *Th*

SEASONINGS / OILS

- olive oil, kosher salt, pepper
- dried oregano - *M/W/Th*
- dried basil - *M/Th*
- dried thyme - *M/Th*
- bay leaf - *M/Th*
- red pepper flakes - *M/Tu*
- garlic powder - *W*
- vanilla extract - *Bonus*
- ground cinnamon - *Bonus*

BREAD / PASTA / GRAINS

- small pasta such as ditalini (1 c) - *M*
- rice for serving stir-fry - *Tu*
- long grain brown rice (½ c) - *W*
- polenta or coarse ground cornmeal (1 c) - *Th*
- buns or bread for pot roast sandwiches - *F*

PANTRY

- red wine vinegar - *M*
- brown sugar - *M*
- dark brown sugar - *Tu*
- low sodium soy sauce - *Tu*
- rice vinegar - *Tu*
- cornstarch - *Tu*
- all-purpose flour - *W*
- chia seeds (½ c) - *Bonus*
- maple syrup - *Bonus*

MEAT / FISH / PROTEIN

- flank or flat iron steak (1 lb) - *Tu*
- ground turkey (16 oz) - *W*
- boneless chuck beef roast (3-4 lbs) - *Th*

CANNED GOODS

- tomato paste (2 T) - *M*
- vegetable broth (4 c) - *M*
- chicken broth (4 c) - *Th*
- 28 oz can diced tomatoes - *M*
- 28 oz can crushed tomatoes - *W*
- 15 oz can no-salt added tomato sauce - *Th*
- 15 oz can kidney beans - *M*
- roasted red peppers (12 oz jar) - *Th*

OTHER

- frozen cut green beans (1 c) - *M*
- crackers or bread to serve with soup - *M*
- fresh fruit to serve with casserole or to put on top of chia pudding - *W/Bonus*

NOTES

- If you'd like to swap out some vegetables in the stir-fry, make sure to update your grocery list.

