

Rachel Cooks

MEAL PLAN #6

MONDAY



Butternut Squash Curry

- Although the ingredient list is a little lengthy, keep in mind that 7 ingredients are spices and seasonings, pantry items which you likely already have.
- If you prefer to add some extra protein, shrimp, tofu, or chicken can be added to the recipe. Try crispy air fryer tofu or all-purpose baked tofu.

TUESDAY



Crescent Roll Breakfast Casserole With Turkey Sausage

- Although this is a breakfast casserole, we like to call it “brinner” or breakfast for dinner. Serve it with fresh citrus fruit and a green vegetable of your choice.
- If you’re not a fan of turkey sausage, pork sausage can be substituted.
- If you have leftovers, it can easily be reheated for breakfasts and lunches.

WEDNESDAY



American Goulash

- Serve with a bagged salad or a vegetable of your choice.
- Makes 6 servings. Reheat leftovers for lunches or freeze for later meals.

THURSDAY



Crockpot Buffalo Chicken Sandwiches

- Serve the buffalo chicken sandwiches with celery sticks and blue cheese dressing.
- This recipe makes a lot. It freezes well for up to six months. We’ve also incorporated it into tomorrow’s meal plan.

FRIDAY



Buffalo Chicken Quinoa Bowls with Instant Pot Quinoa

- Prepare quinoa. Heat leftover Buffalo chicken. In shallow bowls, serve quinoa topped with chicken, spinach, celery, green onions, tomato, and avocado. Top with blue cheese or drizzle a little blue cheese dressing or hot sauce.

BONUS



Monster Cookie Energy Balls

- Make energy balls for snacks or lunchboxes, or even dessert. They keep well in the fridge or freezer.
- Try this fun after school snack board and include monster cookie energy balls.

NOTES

- If quinoa isn't your thing, on Friday you could also use the leftover buffalo chicken in these ways: Add buffalo chicken to hot cooked pasta with additional blue cheese. Make buffalo chicken tacos or burritos. Update grocery list accordingly.





GROCERY LIST FOR MEAL PLAN #6

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 (3) - *M/W/Th*
- red bell pepper (2) - *M/Th*
- green bell pepper (1) - *W*
- celery - *Th*
- garlic (9 cloves) - *M/W*
- ginger root - *M*
- butternut squash (2 lb) - *M*
- baby spinach (8 oz) - *M/F*
- green onions - *F*
- grape tomatoes - *F*
- avocado - *F*
- cilantro - *M*
- parsley - *W*
- lime (1) - *M*

MEAT / FISH / PROTEIN

- turkey breakfast sausage (1 lb) - *Tu*
- lean ground beef or turkey (1 lb) - *W*
- boneless skinless chicken thighs (1 ½ lb) - *Th*
- boneless skinless chicken breasts (1 ½ lb) - *Th*

DAIRY / REFRIGERATED

- crescent rolls (8 oz tube) - *Tu*
- shredded mozzarella cheese (4 oz) - *Tu*
- shredded sharp cheddar cheese (8 oz) - *Tu/W*
- eggs (8) - *Tu*
- 2% or whole milk (1 ½ c) - *Tu*
- blue cheese - *Th/F*

BREAD / PASTA / GRAINS

- rice for serving curry - *M*
- elbow macaroni (8 oz) - *W*
- hamburger or slider buns - *Th*
- quinoa (1 c) - *F*
- rolled oats (2 c) - *Bonus*

CANNED GOODS

- tomato paste - *M*
- 14.5 oz can diced tomatoes - *W*
- 15 oz can tomato sauce (2) - *W/Th*
- vegetable broth (8 oz) - *M*
- beef or chicken stock (16 oz) - *W*
- 15 oz can coconut milk - *M*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garam masala - *M*
- ground coriander - *M*
- ground turmeric - *M*
- paprika - *M/W*
- red pepper flakes - *M*
- ground mustard - *Tu*
- Italian seasoning - *W*
- bay leaf - *W*
- garlic powder - *Th*

PANTRY

- chopped cashews (optional) - *M*
- hot pepper sauce such as Frank's (½ c) - *Th*
- Worcestershire sauce - *Th*
- yellow mustard - *Th*
- dark brown sugar - *Th*
- cornstarch - *Th*
- blue cheese dressing - *Th/F*
- creamy peanut butter (1 ½ c) - *Bonus*
- maple syrup (¼ c) - *Bonus*
- mini chocolate chips (½ c) - *Bonus*

OTHER

- fresh fruit or vegetable to serve with breakfast casserole - *Tu*
- vegetable or bagged salad - *W*
- peanut butter protein powder (optional) - *Bonus*
- mini M&Ms (½ c) - *Bonus*

NOTES

- If desired, add ingredients to make an after school snack board with the Monster Cookie Energy Balls (carrot sticks, extra celery, crackers, grapes, apples, popcorn, etc).

