

# Rachel Cooks

## MEAL PLAN #1

MONDAY



### Vegetarian Chili

- This recipe makes a big batch so you'll have leftovers for lunch.
- Don't want it for lunch? It freezes well, too.

TUESDAY



### Instant Pot Pork Loin Roast

- Make a double batch of Baked Potatoes (2 per person). Serve half of potatoes with the pork roast, along with a vegetable of your choice. The remaining potatoes and leftover pork will comprise another meal.

WEDNESDAY



### Loaded Baked Potatoes

- Reheat baked potatoes in microwave or oven. Shred leftover pork roast or chop finely. Add BBQ sauce to taste. Heat in saucepan or skillet over medium heat until warm. Split potatoes, top with BBQ pork and additional toppings of your choice: shredded cheese, cooked broccoli, sour cream, sliced green onions, etc.

THURSDAY



### One Pan Sausage and Rice with Sweet Peppers

- Brown rice will not work for this recipe due to the longer cooking time.

FRIDAY



### English Muffin Pizzas (double the recipe)

- Serve these fun make-your-own pizzas with fresh veggies (carrots, celery, bell peppers, cucumbers) and homemade dill vegetable dip.

BONUS



### Cucumber Onion Salad

- This easy salad keeps well in the refrigerator for 3 days. Serve it with any of the above meals or pack it for your lunch.

NOTES

- If you prefer to use a crockpot for the pork, make Slow Cooker Pork Loin with Balsamic Glaze. Adjust grocery list as needed.





## GROCERY LIST FOR MEAL PLAN # 1

### 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

- red bell pepper (2) - *M/Th*
- green bell pepper (2) - *M/Th*
- carrot (5 large) - *M/Th/F*
- celery (8 stalks) - *M/Th/F*
- onion (2) - *M/Th/Bonus*
- jalapeño (1) - *M*
- garlic (3 cloves) - *M*
- fresh parsley - *Tu/Th*
- russet potatoes (8) - *Tu/W*
- english cucumber (2) - *F/Bonus*
- red onion - *Bonus*
- fresh dill - *Bonus*
- vegetable of choice - *Tu*

#### DAIRY / REFRIGERATED

- shredded mozzarella cheese (8 oz) - *F*
- dill vegetable dip - *F*

#### SEASONINGS / OILS

- olive oil, salt, pepper
- chili powder - *M*
- ground cumin - *M*
- dried oregano - *M*
- garlic powder - *Tu*

#### BREAD / PASTA / GRAINS

- long grain white rice (1 c) - *Th*
- english muffins (4) - *F*

#### PANTRY

- balsamic vinegar - *Tu*
- Worcestershire sauce - *Tu*
- brown sugar - *Tu*
- BBQ sauce - *W*
- pizza sauce (½ c) - *F*
- distilled white vinegar (½ c) - *Bonus*
- granulated sugar - *Bonus*

#### MEAT / FISH / PROTEIN

- small boneless pork loin roast (2-3 lbs) - *Tu/W*
- ground Italian sausage (1 lb) - *Th*

#### CANNED GOODS

- tomato paste (2 T) - *M*
- 15 oz can diced tomatoes - *M*
- 15 oz can kidney beans - *M*
- 15 oz can black beans - *M*
- 15 oz can pinto beans - *M*
- vegetable broth (2 c) - *M*
- 15 oz can corn - *M*
- chicken broth (1 c) - *Tu*

#### OTHER

- toppings for chili and potatoes: sour cream, avocado, cheese, chips - *M/W*
- english muffin pizza toppings: pepperoni, ham mushrooms, etc - *F*

#### NOTES

- This grocery list includes extra carrots, celery, and cucumbers for veggies and dip on Friday. If you don't plan to have that, you'll only need 1 carrot, 4 stalks of celery, and 1 cucumber.

