

Rachel Cooks

MEAL PLAN #10

MONDAY



Homemade Spaghetti Sauce

- This is best if you simmer it for at least 1 hour, but up to 3. If you have more time on the weekends, the sauce can be made ahead.
- Serve with a salad with creamy Italian dressing. Bread and restaurant style bread dipping oil round out the meal (add ingredients to grocery list if desired).

TUESDAY



Lasagna Zucchini Boats

- Use a cup of spaghetti sauce from yesterday's recipe.
- If you added meat to the sauce, omit the half pound of ground beef or turkey in this recipe. Or, make this dish vegetarian by omitting the meat.

WEDNESDAY



Shrimp with Chimichurri Rice

- Serve with a vegetable of your choice or this yummy citrus salad.

THURSDAY



Pizza Stuffed Spaghetti Squash

- Instead of pizza sauce, substitute leftover spaghetti sauce.

FRIDAY



Crispy Air Fryer Chicken Tenders

- If you don't have an air fryer, try my oven baked chicken caesar chicken tenders or pizza chicken tenders.
- Serve chicken tenders with a green salad, on a bun, or wrapped in a tortilla with desired toppings.

BONUS



Homemade Meatballs (can be baked or air fried)

- Meatballs can be frozen raw or cooked. There's no need to thaw them before cooking. They're perfect to have on hand for quick and easy meals. Frozen meatballs are ready to eat in just 15 to 17 minutes (try Air Fryer Meatballs).

NOTES

- The spaghetti sauce recipe makes 7 cups. You'll use the leftover sauce to make different meals this week. Reserve at least two cups.
- Meatballs are endlessly versatile. You can use them to make everything from classic spaghetti and meatballs, to meatball subs, to soup. I like to bake them on a sheet pan with potatoes, onions, and bell peppers for an easy one pan meal.





GROCERY LIST FOR MEAL PLAN #10

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

- yellow onion (2) - *M/Tu*
- shallot (1) - *W*
- garlic (9 cloves) - *M/Tu/W/Bonus*
- basil (½ c) - *M/Tu*
- parsley (2 bunches) - *M/W/Bonus*
- mint (1 T) - *W*
- zucchini (4 large) - *Tu*
- spaghetti squash (2) - *Th*
- baby spinach (4 c or 5 oz) - *Th*
- orange (1) - *W*
- vegetable of choice - *W*

DAIRY / REFRIGERATED

- butter (1 T) - *M*
- parmesan cheese (1 ¼ c) - *M/Tu/Bonus*
- ricotta cheese (8 oz) - *Tu*
- egg (5) - *Tu/F/Bonus*
- shredded mozzarella cheese (3 c or 12 oz) - *Tu/Th*
- whole milk (¾ c) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *M/Tu*
- dried thyme - *M*
- red pepper flakes - *M/W*
- bay leaf - *M*
- garlic powder - *Tu/W/F*
- paprika - *F*
- dried parsley - *F*
- dried Italian seasoning - *Bonus*

BREAD / PASTA / GRAINS

- spaghetti (16 oz) - *M*
- white rice (1 c) - *W*
- bread for serving with spaghetti - *M*

PANTRY

- granulated sugar - *M*
- light brown sugar - *Bonus*
- red wine vinegar - *W*
- all-purpose flour - *F*
- Panko bread crumbs (1 c) - *F*
- Italian herb seasoned bread crumbs (1 c) - *Bonus*
- Worcestershire sauce - *Bonus*

MEAT / FISH / PROTEIN

- lean ground beef or turkey (½ lb) - *Tu*
- frozen large shrimp, peeled and deveined (1 lb) - *W*
- chicken tenders (1 - 1 ½ lb) - *F*
- ground pork (1 lb) - *Bonus*
- ground beef (1 lb) - *Bonus*

CANNED GOODS

- tomato paste (2 T) - *M*
- 28 oz can crushed tomatoes - *M*
- 15 oz can tomato sauce - *M*
- 14.5 oz can petite diced tomatoes - *M*

OTHER

- salad dressing & toppings - *M/F*
- pizza topping of choice (pepperoni, mushrooms, red onion, green peppers, etc) - *Th*
- dipping sauce for chicken tenders - *F*

- NOTES**
- If you prefer a meat sauce for Monday, brown 1 lb. ground beef, ground turkey, or Italian sausage with the onions until no longer pink (add them to the grocery list). Or check out our bonus recipe!

