

Rachel Cooks

MEAL PLAN #8

MONDAY



Pasta Amatriciana

- Makes 8 servings. Leftovers can be reheated for lunch or another dinner. It freezes well, too.
- To round out the meal, serve the pasta with a simple green salad.

TUESDAY



Shrimp Salad with Mango and Avocado

- Double recipe to make four servings (grocery list reflects this).
- If you have extra jalapeño peppers, cilantro, avocado, and red onion, save them to top the enchiladas on Friday, if desired.

WEDNESDAY



Roasted Bone in Chicken Breasts

- Make a double batch of chicken. Refrigerate half of the chicken for Friday.
- Serve the chicken with rosemary roasted potatoes. You can bake them both at the same time, on separate pans. To round out the meal, cook your favorite vegetable or buy a bagged salad.

THURSDAY



Chunky Cheeseburger Soup

- This makes 8 servings. Leftovers can be reheated for lunch or another dinner.
- Green onions can be substituted for the chives and then also used to garnish Friday's enchiladas.

FRIDAY



Chicken Enchiladas Verde

- If you like, add vegetables to the enchiladas, such as grilled peppers and onions, and/or a can of black beans, rinsed and drained (adjust grocery list as desired)
- If you prefer, instead of salsa verde, use red enchilada sauce or homemade salsa verde.

BONUS



Whole Wheat Chocolate Chip Cookies

- Everyone loves these cookies!
- The cookies keep well or they can be frozen, too. The dough can also be frozen for up to 2 months so you can bake the cookies as you need them.

NOTES

- If you prefer a vegetarian meal on Monday, it's easy to adapt the Pasta Amatriciana (see the recipe card). If you like a little more protein, serve the pasta with grilled chicken, salmon, or steak. Adjust grocery list accordingly.





GROCERY LIST FOR MEAL PLAN #8

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 onion (2) - M/Tu
- yellow onion (1) - Th/F
- green onions (1 bunch) - Th
- garlic (2 cloves) - M
- potatoes to roast (1 ½ lbs) - W
- russet potatoes (4) - Th
- jalapeño pepper (2) - Tu
- celery (3-4 stalks) - Th
- fresh parsley (¼ c) - M
- fresh basil (¼ c) - M
- cilantro (1 bunch) - Tu/F
- fresh rosemary - W
- salad greens - M
- leaf lettuce (1 large bunch) - Tu
- lime (2) - Tu
- mango (2) - Tu
- avocado (1) - Tu
- vegetable or bagged salad - W

DAIRY / REFRIGERATED

- grated or shredded parmesan cheese for garnishing pasta - M
- unsalted butter (2 ½ sticks or 1 ¼ c) - Th/Bonus
- whole milk (12 oz) - Th
- shredded cheddar cheese (8 oz or 2 c) - Th
- shredded Monterey Jack cheese (16 oz) - F

BREAD / PASTA / GRAINS

- whole wheat penne pasta (16 oz) - M
- flour tortillas, enchilada size (at least 8) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - M
- dried oregano - M
- chili powder - Tu
- garlic powder - W

PANTRY

- dry white wine (1 c) - M
- honey - Tu
- all-purpose flour - Th
- whole wheat flour - Bonus
- baking soda - Bonus
- granulated sugar - Bonus
- brown sugar - Bonus
- vanilla extract - Bonus
- quick cooking oats - Bonus
- semisweet chocolate chips (12 oz) - Bonus
- ketchup - Th
- Dijon mustard - Th

MEAT / FISH / PROTEIN

- pancetta (4-5 oz) - M
- frozen peeled and deveined large shrimp (16 oz) - Tu
- 4 split chicken breasts (about 4 lbs) - W/F
- ground beef (1 lb) - Th

CANNED GOODS

- 28 oz can crushed tomatoes - M
- 14.5 oz can fire roasted diced tomatoes - M
- low-sodium chicken broth (12 oz) - M
- low-sodium beef broth (48 oz) - Th
- tomato paste (2 T) - Th
- salsa verde (16 oz) - F

OTHER

- Salad toppings and dressing - M
- Optional soup garnishes (onions, tomatoes, bacon, dill pickles) - Th
- Optional garnishes for enchiladas: sliced green onion, chopped red onion, cilantro, jalapeño pepper, avocado, sour cream, fresh tomatoes, etc. - F

NOTES

- Some of the garnishes can play double duty! For example, if you buy a few tomatoes, you can use them on your salad Monday, on the Cheeseburger Soup on Thursday, and on the enchiladas on Friday.

