

# Rachel Cooks

## MEAL PLAN #9

MONDAY



### Ground Turkey Soup with Beans and Spinach

- Makes 6 servings. Any extra soup can be heated up for an easy lunch.
- Serve with fresh bakery bread or rolls, or crackers.
- This soup is one of my favorites. It only takes about 20 minutes to make!

TUESDAY



### Hot Honey Chicken Sheet Pan Dinner

- We included the three ingredients to make hot honey. It makes a half cup, which will be enough for this meal and Thursday's dinner, too.
- If you prefer, buy hot honey instead. We've found that commercial products are much spicier than homemade which you can make as spicy as you like.

WEDNESDAY



### Pizza Pasta

- Makes 6 servings. Leftover pizza pasta makes a great lunch; it reheats well.
- Try my homemade pizza sauce if you have a little extra time. You can easily make it ahead (add ingredients to grocery list if you go this route).
- Serving suggestions: simple lettuce salad topped with healthy ranch dressing.

THURSDAY



### Salmon Bites with Hot Honey

- Serve salmon bites with leftover hot honey from Tuesday. If you're not a fan of hot honey, substitute BBQ sauce, maple syrup, or hot sauce, if desired.
- Serving suggestions: coconut rice and steamed broccoli (ingredients included on list).

FRIDAY



### Black Bean Burgers

- Serve with chips or a veggie of your choice.
- Make Ahead Idea: Make a double batch and freeze 4 uncooked burgers for another meal.

BONUS



### Baked Oatmeal Recipe

- Since you bought rolled oats for the black bean burgers, you can use some of the remaining oats for this easy breakfast casserole.
- Makes 4 servings but you can easily double it. It keeps well in the refrigerator for up to 5 days. Heat a square in the microwave for a quick and healthy breakfast.

NOTES

- If you decide to make your own pizza sauce or ranch dressing (Wednesday), make sure to add the ingredients to your grocery list.





## GROCERY LIST FOR MEAL PLAN #9

### 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/F
- red onion (1) - Tu
- garlic (2 cloves) - M/F
- carrot (1) - F
- baby spinach (13 oz) - M/W
- brussels sprouts (1 lb) - Tu
- sweet potato (1 large) - Tu
- basil or parsley to garnish pasta - W
- salad to serve with pasta - W
- broccoli to serve with salmon (could also buy frozen) - Th

#### DAIRY / REFRIGERATED

- grated parmesan cheese (1 c) - M
- shredded mozzarella cheese (1 c or 4 oz) - W
- egg (2) - F/Bonus
- milk (2 c) - Bonus

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - M/Tu
- dried oregano - M/F
- dried basil - M
- garlic powder - Tu/Th
- onion powder - Tu
- dried parsley flakes - Tu
- paprika - Tu/Th/F
- ground cumin - F
- ground cinnamon - Bonus

#### BREAD / PASTA / GRAINS

- bread, rolls, or crackers to serve with soup - M
- whole wheat rotini (3 c) - W
- old-fashioned oats (2 ½ c) - F/Bonus

#### PANTRY

- honey (1 c) - Tu
- apple cider vinegar - Tu
- brown sugar - Th
- granulated sugar - Th
- unsweetened shredded coconut (½ c) - Th
- jasmine rice (1 ½ c) - Th
- ketchup - F
- panko bread crumbs (½ c) - F
- coconut sugar, brown sugar, or maple syrup (¼ c) - Bonus
- coconut oil or butter - Bonus
- baking powder - Bonus
- vanilla extract - Bonus

#### MEAT / FISH / PROTEIN

- lean ground turkey (1 lb) - M
- boneless skinless chicken breasts (1 lb) - M
- pepperoni (½ c) - W
- salmon (24 oz) - Th

#### CANNED GOODS

- 14.5 oz can diced tomatoes - M
- 14.5 oz can petite diced tomatoes - W
- 15.8 oz can great northern beans - M
- 15 oz can black beans - F
- low sodium chicken broth (24 oz) - M
- 16 oz jar pizza sauce - W
- 1 can full-fat unsweetened coconut milk (13.6 to 14 oz) - Th

#### OTHER

- buns & toppings for bean burgers - F
- chips or vegetable to serve with bean burgers - F
- yogurt or fruit for serving with oatmeal - Bonus

#### NOTES

- If you want to try one of the variations on the baked oatmeal, be sure to add needed ingredients to grocery list.
- If desired, you can omit the shredded coconut that goes with the coconut rice.

