

Rachel Cooks

MEAL PLAN #11

MONDAY



Instant Pot Broccoli Cheese Soup

- If desired, serve the soup with homemade cornbread muffins or whole wheat cornbread. Add ingredients to grocery list if desired.

TUESDAY



Salmon & Asparagus Sheet Pan Dinner With Lemon Dill Sauce

- The recipe is written for 2 servings. We've already adjusted the grocery list to make 4 servings. When preparing the recipe, simply double the listed ingredients and use 2 sheet pans: one for the salmon and one for the vegetables.
- The lemon dill sauce can be prepared up to a day ahead. Stir well before serving.

WEDNESDAY



Crockpot BBQ Chicken with Healthy Coleslaw

- Serve on buns with a side of healthy coleslaw. The coleslaw makes 8 servings but it keeps well in the refrigerator for up to 3 days.
- This makes 8 cups of shredded chicken, or 16 (½ cup) servings. Save 2 cups for Thursday's BBQ chicken bowls and 1 ½ cups for Friday's BBQ chicken pizza.

THURSDAY



BBQ Chicken Bowl

- If desired, use your Instant Pot to cook the rice. Try Instant Pot brown rice or Instant Pot white rice. Another really great option is cilantro lime rice.

FRIDAY



BBQ Chicken Pizza

- This recipe is for one pizza. If you have four hearty eaters, you may want to make 2 pizzas. Double the recipe.
- If you want to make your own pizza dough, try this easy pizza dough recipe. It makes enough for 2 crusts, and it can be made ahead and refrigerated or frozen.

BONUS



Black Bean Corn Salsa

- This makes 4 cups. Refrigerate for up to 5 days or freeze for up to 2 months.
- Black bean corn salsa is so versatile. Add it to the BBQ chicken bowls, scoop it up with tortilla chips, or put a couple spoonfuls of the salsa on lettuce and garnish with avocado slices for an easy salad.

NOTES

- If you still have leftover BBQ chicken, freeze the remaining chicken for later use. It freezes well and is super handy for a quick meal.





GROCERY LIST FOR MEAL PLAN #11

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 (1) - *M*
- red onion (2) - *Th/F/Bonus*
- broccoli (1 large bunch or 2 crowns) - *M*
- matchstick carrots (10 oz) - *M*
- baby potatoes (1 ½ lbs) - *Tu*
- asparagus (1 bunch) - *Tu*
- fresh dill (1 bunch) - *Tu*
- lemon (1) - *Tu*
- lime (1) - *Bonus*
- shredded cabbage & carrots (16 oz) - *W*
- red bell pepper (1) - *Th*
- jalapeño pepper (1) - *Bonus*
- green onions - *F*
- roma tomatoes (3) - *Bonus*
- cilantro (1 bunch) - *Bonus*

DAIRY / REFRIGERATED

- butter (1 tablespoon) - *M*
- whole milk (2 c) - *M*
- shredded cheddar cheese (20 oz) - *M/F*
- plain greek yogurt (¾ c) - *Tu/W*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried thyme - *M*
- grated nutmeg - *M*
- cayenne - *M*
- bay leaf - *M*
- garlic powder - *Tu*
- celery seeds - *W*
- ground cumin - *Bonus*

BREAD / PASTA / GRAINS

- buns - *W*
- rice - *Th*
- pizza crust (16 oz) - *F*

PANTRY

- cornstarch - *M/W*
- mayonnaise (½ c) - *Tu*
- BBQ sauce (4 c) - *W/Th/F*
- granulated sugar - *W*
- white vinegar - *W*
- dijon mustard - *W*

MEAT / FISH / PROTEIN

- salmon filet (20 oz) - *Tu*
- boneless skinless chicken breasts (4 lb) - *W*
- center cut bacon (4 slices) - *F*

CANNED GOODS

- vegetable broth (3 c) - *M*
- black or pinto beans (15 oz) - *Bonus*
- corn (15 oz) - *Bonus*

OTHER

- toppings for burrito bowls (choose at least 3) - cilantro, ranch dressing, green onion, sliced avocado, chopped tomatoes, sour cream, pickled red onions - *Th*

NOTES

- If you can't find matchstick carrots, buy 2 medium carrots (*M*).
- If desired, use a mix of breasts and thighs (*W*).
- If desired, double pizza ingredients (*F*).
- Use black bean salsa (bonus recipe) for burrito bowls. You may also have extra ingredients you can use as additional toppings.

