

Rachel Cooks

MEAL PLAN #12

MONDAY



Crockpot Ham with Maple Dijon Sauce

- Serve with Mashed Red Potatoes and Roasted Asparagus (included on grocery list).
- Save leftover ham for tomorrow's dinner.

TUESDAY



Breakfast Casserole with Sausage and Spinach

- Substitute 2 to 3 cups of finely diced leftover ham for the sausage, if you prefer. Refer to the post for more substitution ideas.
- This breakfast casserole makes an awesome dinner. If you have extra time in the morning or the night before, it can be prepped and refrigerated.

WEDNESDAY



Easy Hamburger Soup

- Makes 8 servings. Leftovers make a great lunch.
- Ground turkey can be substituted for ground beef, if preferred.

THURSDAY



Beef Stir Fry With Vegetables

- Feel free to substitute vegetables of your choice, or use a different meat. The post that accompanies the recipe has lots of suggestions. Make sure to update the grocery list accordingly.
- Try Instant Pot jasmine rice.

FRIDAY



Pita Flatbread With Asparagus And Herbed Cottage Cheese

- If you're feeling asparagus overload, substitute another veggie: tomatoes, mushrooms, zucchini, summer squash, bell peppers, broccoli, etc.

BONUS



Instant Pot Boiled Eggs

- Perfect for decorated Easter eggs, deviled eggs, or egg salad sandwiches!

NOTES





GROCERY LIST FOR MEAL PLAN #12

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

- onion (1 large) - *W*
- red onion - *Th*
- garlic (4 cloves) - *W/Th*
- red potatoes (3 lbs) - *M*
- celery (4 stalks) - *W*
- carrots (7) - *W/Th*
- parsley and/or chives - *M/F*
- additional fresh herbs (basil or dill) - *F*
- asparagus (2 lb or 2 bunches) - *M/F*
- baby spinach (5 oz) - *Tu*
- ginger root - *Th*
- broccoli (1 crown) - *Th*
- sugar snap peas or snow peas (1 ½ c) - *Th*
- green onions (2-3) - *Th*

DAIRY / REFRIGERATED

- butter (4 T) - *M*
- milk (3 c) - *M/Tu*
- sour cream (½ c) - *M*
- shredded parmesan cheese (1 T) - *M*
- shredded cheddar cheese (8 oz) - *Tu*
- low-fat cottage cheese (12 oz) - *F*
- grated sharp provolone cheese (6 oz) - *F*
- eggs (12) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground cloves - *M*
- dry mustard powder - *Tu*
- dried parsley - *W*
- red pepper flakes - *Th*

PANTRY

- coarse ground Dijon mustard - *M*
- pure maple syrup - *M*
- brown sugar - *M/Th*
- granulated sugar - *W*
- low-sodium soy sauce (¼ c) - *Th*
- rice vinegar - *Th*
- cornstarch - *Th*

BREAD / PASTA / GRAINS

- white bread (14 oz) - *Tu*
- rice for serving stir-fry - *Th*
- 4 medium-sized thin whole wheat pitas (2 oz each) - *F*

MEAT / FISH / PROTEIN

- boneless quarter ham (2.5 lbs, or larger if you'd like leftovers) - *M*
- lean ground beef (1 lb) - *W*
- flank or flat iron steak (1 lb) - *Th*

CANNED GOODS

- tomato paste (6 oz) - *W*
- beef broth (48 oz) - *W*
- 2 cans (14.5 oz ea) diced tomatoes - *W*

OTHER

- If desired for boiled eggs, dye for dyeing Easter eggs, or ingredients to make egg salad or deviled eggs - *Bonus*

NOTES

- If you're not planning to use leftover ham for the breakfast casserole, add ground breakfast sausage (1 lb) to grocery list (*Tu*).

