

Rachel Cooks

MEAL PLAN #13

MONDAY



Baked Chicken Parmesan & Broccoli (Sheet Pan Dinner)

- Serve with *garlic roasted potatoes* (roast them in the oven on a separate sheet pan). Ingredients are included on grocery list
- Save the extra marinara sauce and mozzarella cheese for the pizza burgers on Thursday.

TUESDAY



Slow Roasted Salmon with Instant Pot Sweet Potatoes

- Add vegetable of choice or a bagged salad, if desired.

WEDNESDAY



Sheet Pan Breakfast Tostadas

- Breakfast for dinner! Add chorizo and bacon for a heartier meal.
- Save any extra toppings for the taco salad on Friday. Extra corn tortillas can be turned into baked tortilla chips.

THURSDAY



Pizza Turkey Burgers

- Serve with a bagged salad or vegetable of your choice.

FRIDAY



Taco Salad

- This recipe makes 8 servings. Invite a couple of friends and make it a movie night!

BONUS



Restaurant Style Salsa

- The flavor of the salsa gets even better after it's been refrigerated for a bit. Prep it on Sunday and enjoy it all week!
- Make your own *baked tortilla chips* with leftover corn tortillas.

NOTES





GROCERY LIST FOR MEAL PLAN #13

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 (2) - *Th/Bonus*
- garlic (2 cloves) - *Bonus*
- broccoli (1 head) - *M*
- potatoes (4-6 large) - *M*
- lemon (1) - *Tu*
- lime (1-2) - *Bonus*
- sweet potatoes (4) - *Tu*
- vegetable of choice or bagged salad (x2) - *Tu/Th*
- iceberg or romaine lettuce (1 head) - *F*
- grape tomatoes (1 pint) - *F*
- basil (12-18 leaves) - *Th*
- cilantro - *Bonus*
- green onions (3) - *F*
- jalapeño pepper (1) - *Bonus*

DAIRY / REFRIGERATED

- egg (10) - *M/W/Th*
- grated parmesan cheese (¾ c) - *M/Th*
- shredded mozzarella cheese (¾ c) - *M/Th*
- shredded sharp cheddar cheese (16 oz) - *W/F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - *M/Th*
- dried oregano - *M/Th*

BREAD / PASTA / GRAINS

- 6-inch corn tortillas (8, more if you want to make chips) - *W*
- buns for pizza burgers - *Th*

PANTRY

- all-purpose flour - *M*
- panko (¾ c) - *M/Th*
- salsa verde - *W*
- catalina salad dressing (10 oz) - *F*
- nacho cheese tortilla chips such as Doritos (2 c) - *F*
- tortilla chips for salsa, optional - *Bonus*
- sugar or agave - *Bonus*

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (2 lb) - *M*
- fresh salmon fillet (1 ½ lb) - *Tu*
- ground turkey (1 lb) - *Th*
- ground beef (1 lb) - *F*
- sliced pepperoni (1 oz) - *Th*

CANNED GOODS

- marinara sauce (1 ½ c) - *M/Th*
- 15.5 oz can pinto beans (1) - *F*
- 28 oz can peeled whole tomatoes (1) - *Bonus*

OTHER

- toppings for tostadas: cooked chorizo, crispy bacon, sliced radishes, avocado, pickled red onions, cilantro, fresh tomatoes (choose 2-3) - *W*
- toppings for salad: salsa and sour cream, optional - *F*

NOTES

- If desired, make your own salsa verde for the tostadas (*W*). Add ingredients to grocery list.
- If desired, make your own Catalina dressing for the taco salad (*F*). Add ingredients to grocery list.
- Extra tostada toppings can be used for the taco salad (*F*).

