

Rachel Cooks

MEAL PLAN #14

MONDAY



Instant Pot Black Bean Soup

- Makes 6 servings - leftovers freeze well!
- You can also make this soup on the stove, using canned beans (3 cans) - adjust grocery list accordingly if you want to go this route.
- Serve with tortilla chips (included on grocery list).

TUESDAY



Greek Meatballs with Homemade Tzatziki

- Serve the meatballs in pita bread halves, with tzatziki sauce and lettuce.
- If you have leftover tzatziki, top tomorrow's roasted potatoes with a spoonful of sauce.

WEDNESDAY



Breaded Pork Chops with Dill Roasted Potatoes

- You'll have extra dill and lemon from yesterday's recipe. Serve this meal with cooked carrots, if desired (they are included on grocery list).
- Both the pork and the potatoes bake at 425°F. The pork takes longer so get that started first (and remember the 2 hour marinating time).

THURSDAY



Creamy Chicken Spaghetti

- Makes 6 servings. It reheats well and makes a fabulous lunch.

FRIDAY



Pizza Panini Sandwiches

- Double the recipe to serve four. The grocery list reflects the doubled recipe.
- Feel free to change this sandwich up any way you like. Make it vegetarian by eliminating the ham and pepperoni. Adjust the grocery list as needed.

BONUS



Easy Trail Mix Cookies

- These cookies start with a roll of refrigerated cookie dough, so they're super easy to make! Get your kids involved!
- You can mix in almost anything you like to make your own creation. There are suggestions on the post.

NOTES

- If you want to round out the meals a little, add chips, vegetables and dip, fresh fruit, and/or bagged salad to the grocery list.





GROCERY LIST FOR MEAL PLAN #14

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 onions (3) - *M/Th/F*
- red onion (1) - *Tu*
- celery (1 stalk) - *M*
- carrots (2 lb) - *M/W*
- jalapeño peppers (2) - *M*
- red bell peppers (2) - *Th/F*
- garlic (6 cloves) - *M/Tu/Th*
- cilantro (1 bunch) - *M*
- dill (1 bunch) - *Tu*
- parsley (1 bunch) - *Th*
- limes (2) - *M*
- lemons (2) - *Tu/W*
- lettuce - *Tu*
- english or Persian cucumber - *Tu*
- baby potatoes (1 ½ lbs) - *W*
- white or cremini mushrooms (16 oz) - *Th/F*
- baby kale or baby spinach (5 oz) - *Th*

DAIRY / REFRIGERATED

- crumbled feta cheese (½ c) - *Tu*
- plain greek yogurt (12 oz) - *Tu*
- low-fat buttermilk (16 oz) - *W*
- grated Parmesan cheese (¾ c) - *W*
- heavy cream (4 oz) - *Th*
- shredded sharp cheddar cheese (8 oz) - *Th*
- sliced mozzarella cheese (12 oz) - *F*
- spreadable butter - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground cumin - *M*
- chili powder - *M*
- red pepper flakes - *M*
- bay leaf - *M*
- dried oregano - *Tu*
- garlic powder - *Tu*
- dried dill weed - *Tu*
- dried parsley - *W*
- dry mustard powder - *W*

PANTRY

- Worcestershire sauce - *Th*
- pizza sauce (4 oz) - *F*
- M&Ms (½ c) - *Bonus*
- salted dry roasted peanuts (½ c) - *Bonus*
- raisins (½ c) - *Bonus*

BREAD / PASTA / GRAINS

- dried black beans (1 lb) - *M*
- whole wheat pita bread - *Tu*
- whole wheat spaghetti (13.25 oz) - *Th*
- whole grain sandwich bread (8 slices) - *F*

MEAT / FISH / PROTEIN

- lean ground turkey (1 lb) - *Tu*
- boneless pork chops (four 8 oz pork chops) - *W*
- boneless skinless chicken breasts (2 lb) - *Th*
- ham and pepperoni - *F*

CANNED GOODS

- low-sodium vegetable or chicken broth (32 oz) - *M*
- low-sodium chicken broth (24 oz) - *Th*
- 14.5 oz can diced tomatoes (1) - *Th*

OTHER

- toppings for soup (sour cream, shredded cheese, tortilla chips) - *M*
- 1 roll (16.5 oz) refrigerated chocolate chip cookie dough - *Bonus*

NOTES

- We love whole wheat pita bread, spaghetti, and whole grain bread, but you can easily substitute these items with your favorite pitas, spaghetti, and bread (white, gluten-free, etc.).

