

# Rachel Cooks

## MEAL PLAN #15

MONDAY



### Homemade Vegetable Soup

- Makes a big pot of soup, about 10 servings. The soup is wonderful for lunches or another quick dinner, or it can be frozen for future meals.
- If desired, serve the soup with homemade beer bread. It's very easy to make and goes great with soup. (Add ingredients to grocery list if you decide to make it!)

TUESDAY



### Creamy One Pan Gnocchi with Sausage and Zucchini

- Makes 6 servings, leftovers make great lunches!
- This recipe is one of our favorites, super easy and so satisfying. No sides are required because this one pan meal includes meat, pasta, and plenty of veggies.

WEDNESDAY



### Spice Rubbed Pork Tenderloin with Sautéed Mushrooms

- Makes 2 tenderloins. Save one cooked tenderloin for Thursday's meal.
- Serve with sautéed mushrooms, and sides of your choice.

THURSDAY



### Pork Tenderloin Salad With Orange-Honey Dressing

- This salad recipe is usually topped with steak, but we're repurposing the leftover pork from Wednesday! Thinly slice leftover cooked pork tenderloin. Heat oil in skillet and briefly sear slices until heated through.
- Recipe written for one salad, multiply by four (grocery list already reflects this).

FRIDAY



### Turkey Wraps

- The wraps are very versatile. Use deli meat and veggies you like or happen to have. There are lots of suggestions in the post.
- Serve with tortilla chips and salsa. Try my restaurant style salsa or chipotle salsa (add ingredients to grocery list if you want to make salsa).

BONUS



### Strawberry Rhubarb Crisp

- You can make this crisp with all rhubarb or all strawberries, if you prefer.
- Crisps are easy-to-make desserts that are best served warm with a scoop of ice cream.

NOTES

- The vegetable soup recipe for Monday is meatless. If you'd like to add more protein, stir in a can of cannellini beans (rinsed and drained) or meat such as shredded chicken, homemade meatballs, or smoked sausage. Be sure to add it to your grocery list.





## GROCERY LIST FOR MEAL PLAN #15

### 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

- onions (2 medium) - *M/Tu*
- red onion (1) - *Th*
- garlic (6 cloves) - *Tu/W*
- carrots (6) - *M/Th*
- celery (6 stalks) - *M/Th*
- turnips (2 medium) - *M*
- green beans (8 oz) - *M*
- green cabbage (1 head) - *M*
- zucchini (16 oz) - *Tu*
- parsley (1 bunch) - *M/W*
- thyme - *M*
- basil (½ c) - *Tu*
- baby spinach (5 oz) - *Tu*
- romaine lettuce (4 hearts) - *Th*
- mushrooms (16 oz) - *W*
- cucumber (1) - *F*
- leaf lettuce - *F*
- avocado (2) - *F*
- oranges (4) - *Th*
- strawberries (8 oz) - *Bonus*
- rhubarb (16 oz) - *Bonus*

#### DAIRY / REFRIGERATED

- shredded parmesan cheese - *M/Tu*
- heavy cream (4 oz) - *Tu*
- unsalted butter (7 T) - *W/Bonus*
- chive & onion cream cheese spread (½ c) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *W*
- dried thyme - *W*
- ground cumin - *W*
- paprika - *W*
- garlic powder - *W*
- ground coriander - *W*
- ground cinnamon - *Bonus*
- ground cardamom - *Bonus*
- ground nutmeg - *Bonus*

#### BREAD / PASTA / GRAINS

- potato gnocchi (16 oz) - *Tu*
- whole wheat tortillas (4) - *F*
- rolled oats (½ c) - *Bonus*

#### PANTRY

- honey - *Th*
- granulated sugar (½ c) - *Bonus*
- brown sugar (½ c) - *Bonus*
- all-purpose flour (½ c) - *Bonus*

#### MEAT / FISH / PROTEIN

- sweet Italian sausage (1 lb) - *Tu*
- pork tenderloins (3 lb total) - *W*
- deli turkey (enough for four wraps) - *F*

#### CANNED GOODS

- low-sodium vegetable broth (40 oz) - *M*
- 1 can (14.5 oz) diced tomatoes - *M*
- 1 can (28 oz) diced tomatoes - *Tu*

#### OTHER

- chips and salsa for serving with wraps - *F*
- vanilla ice cream for serving with the crisp - *Bonus*

#### NOTES

- If your avocado gets ripe before Friday, place it in the fridge to prevent it from over-ripening.

