

Rachel Cooks

MEAL PLAN #16

MONDAY



One Pot Vegetarian Orzo With Sun Dried Tomatoes

- If you would like to serve meat with this meal, grilled chicken with balsamic marinade would go really well with the orzo. Make sure to add the ingredients to your grocery list!
- Feel free to substitute regular orzo if you can't find whole wheat orzo.

TUESDAY



Mini Meatloaf Sheet Pan Dinner

- Because these mini meatloaves are much smaller than a traditional meatloaf, they cook more quickly. This one pan meal takes only 30 to 35 minutes to bake.

WEDNESDAY



Easy Baked Salmon & Asparagus Panzanella Salad

- To simplify the salad, you can use store-bought croutons, but I highly recommend making your own. They have a better texture and are very easy to make (just bread, olive oil, garlic powder, and salt). I've added the ingredients you need to the grocery list.

THURSDAY



Shrimp And Vegetable Stir Fry With Lemon And Garlic

- Keep a bag of frozen shrimp in your freezer for easy meals like this one. They thaw quickly under running water.
- Feel free to substitute vegetables of your choice if you prefer (update grocery list as desired).

FRIDAY



Pita Flatbread with Asparagus and Herbed Cottage Cheese

- To make this recipe even easier, substitute ricotta cheese for the cottage cheese. You won't have to get your blender out (update grocery list accordingly).
- These easy flatbread "pizzas" can be customized in lots of different ways. Feel free to make it your own!

BONUS



Sugar Snap Peas (2 ways): Roasted or Sautéed!

- You probably noticed that I'm celebrating spring this week with lots of asparagus recipes. If asparagus isn't your thing, feel free to substitute sugar snap peas, another delicious fresh green spring vegetable.

NOTES

- Need something for your sweet tooth? Try our easy chocolate chip blondies. Make sure to add ingredients to the grocery list!





GROCERY LIST FOR MEAL PLAN #16

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/Tu/Th*
- red onion (1) - *W*
- garlic (6 cloves) - *M/Th*
- shallot (2) - *W*
- baby spinach (5 oz) - *M*
- lemons (3) - *M/W/Th*
- basil (¼ c) - *M*
- parsley (1 large bunch) - *Tu/W/Th/F*
- chives (2 T) - *W/F*
- mint (20 leaves) - *W/F*
- small potatoes (1 lb) - *Tu*
- carrots (16 oz) - *Tu*
- asparagus (3 bunches) - *W/Th/F*
- red bell pepper (1) - *Th*
- zucchini (1, about 8 oz) - *Th*
- snap peas (1 lb or more) - *Bonus*

DAIRY / REFRIGERATED

- non-fat milk (2 c or 16 oz) - *M*
- shredded Parmesan cheese (3 oz) - *M*
- egg (1) - *M*
- crumbled feta (4 oz) - *W*
- low-fat cottage cheese (12 oz) - *F*
- shredded sharp provolone (12 oz) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - *M/W*
- Italian seasoning - *Tu*
- garlic powder - *W*

BREAD / PASTA / GRAINS

- whole wheat orzo (16 oz) - *M*
- bread crumbs (½ c) - *Tu*
- Italian or French bread for croutons (1 loaf) - *W*
- rice for serving stir-fry - *Th*
- whole wheat pitas (4) - *F*

PANTRY

- dry-packed sun-dried tomatoes (3 oz) - *M*
- ketchup (½ c) - *Tu*
- red wine vinegar (½ c) - *W*
- granulated sugar - *W*
- cornstarch - *Th*

MEAT / FISH / PROTEIN

- ground turkey (16 oz) - *Tu*
- salmon (1 ½ lbs) - *W*
- raw shrimp, 20-30 per pound size, peeled and deveined (1 lb) - *Th*

CANNED GOODS

- low-sodium vegetable broth (24 oz) - *M*
- low-sodium chicken broth (6 oz) - *Th*

NOTES

- If desired, use regular pitas instead of whole wheat pitas for the "pizzas" on Friday. Feel free to use different toppings. You could do them more traditionally with pizza sauce, mozzarella, and pepperoni. Update grocery list accordingly.

