

Rachel Cooks

MEAL PLAN #17

MONDAY



Healthy Creamy Tomato Soup with Veggie Wraps

- This soup is protein-rich, thanks to the addition of white beans.
- To simplify this meal, omit the wraps and serve soup with crackers or muffins.
- The veggie wrap recipe serves one - multiply as needed. Ingredients for four wraps are included on grocery list.

TUESDAY



Grilled Chicken (Balsamic Marinade) & Grilled Potatoes

- Serve this meal with your favorite vegetable or a fresh salad.
- The recipe calls for 2 lbs. of chicken. One serving of chicken is 3 to 4 oz., meaning that you'll have leftover chicken, if you plan on 4 servings. Save a portion of the cooked chicken for tomorrow's dinner.

WEDNESDAY



Caprese Pasta Salad (with leftover chicken)

- Cut leftover chicken into bite-size pieces and add it to the salad to make this a main course salad.
- You may have salad leftover for an excellent lunch tomorrow! Add a little extra balsamic vinegar and olive oil if the leftovers seem dry.

THURSDAY



Lemon Pepper Shrimp with Sautéed Zucchini Ribbons

- You can have this dinner on the table in about 15 minutes. If you are using frozen shrimp, thaw it overnight or during the day in the fridge to save time.
- If desired, serve the meal with cooked couscous, a small pasta which cooks in less than 10 minutes.

FRIDAY



Air Fryer Hamburgers

- If you prefer, grill the burgers.
- Serve the burgers with potato chips, veggies and dip, or whatever you like with burgers.

BONUS



Easy Shortcakes Recipe

- These easy shortcakes are biscuit-like, not overly sweet, and so delicious!
- If strawberries aren't your thing, try sliced peaches or nectarines, lightly crushed raspberries or blackberries, or even a drizzle of chocolate syrup. Ice cream can be substituted for whipped cream.

NOTES

- If you don't feel like grilling on Tuesday, cook the chicken in your air fryer instead (Air Fryer Chicken Breasts). They turn out perfectly cooked in less than 30 minutes.





GROCERY LIST FOR MEAL PLAN #17

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 onion (1) - *M*
- red onion (1) - *W*
- garlic (5 cloves) - *M/Th*
- baby potatoes (1 ½ lb) - *Tu*
- carrots (4) - *M*
- salad cucumbers (4) - *M*
- radishes (4) - *M*
- grape tomatoes (2 pints) - *W*
- summer squash (1 - 1 ½ lb) - *Th*
- zucchini (1 - 1 ½ lb) - *Th*
- baby spinach (about 1 c) - *M*
- rosemary (1 T) - *Tu*
- basil (1 c) - *W*
- parsley - *Th*
- lemon (1) - *Th*
- strawberries (1 qt) - *Bonus*

DAIRY / REFRIGERATED

- half & half (4 oz) - *M*
- hummus, spreadable cream cheese, or guacamole - *M*
- sliced cheese (8 oz) - *M*
- fresh mozzarella pearls (8 oz) - *W*
- butter (3 T) - *Bonus*
- buttermilk (6-8 oz) - *Bonus*
- whipped cream or ice cream - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried basil - *M*
- dried thyme - *M*
- smoked paprika - *M*
- dried crushed rosemary - *M*
- garlic powder - *Tu/W/F*
- Italian seasoning - *Tu*
- onion powder - *F*

BREAD / PASTA / GRAINS

- 4 wraps or large tortillas - *M*
- 16 oz dry pasta (such as mini penne) - *W*
- hamburger buns - *F*

PANTRY

- brown sugar - *M*
- balsamic vinegar (¾ c) - *Tu/W*
- balsamic glaze (optional) - *W*
- Worcestershire sauce - *F*
- all-purpose flour - *Bonus*
- granulated sugar - *Bonus*
- baking powder - *Bonus*

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (2 lb) - *Tu/W*
- de-veined, peeled, tail-on shrimp, 16-20 size (1 lb) - *Th*
- lean ground beef (1 lb) - *F*

CANNED GOODS

- 2 cans (14.5 oz each) low-sodium diced tomatoes - *M*
- 1 can (15 oz) cannellini beans - *M*

OTHER

- vegetable or salad to serve with chicken and potatoes - *Tu*
- couscous for serving with shrimp (optional) - *Th*
- burger toppings - *F*
- chips or veggies and dip for serving with burgers - *F*

NOTES

- For the bonus recipe (strawberry shortcake), you can use different fruit if you don't like strawberries or they don't look good. Consider peaches, nectarines, or raspberries.

