

Rachel Cooks

MEAL PLAN #18

MONDAY



Cauliflower Tacos with Chickpeas

- If you're a meat lover, consider adding sautéed shrimp or chicken. Frozen fish sticks or fish filets can be baked with the vegetables and added to the tacos, too.

TUESDAY



Beef Chili with Beans

- *Make Ahead:* Prep the chili when you have time during the day and let it simmer in your crockpot until you're ready for dinner.
- This recipe makes 10 servings. Leftover chili will be used on Thursday to make loaded baked potatoes.

WEDNESDAY



BBQ Salmon and Cilantro Lime Rice

- Serve the salmon and rice with your choice of vegetable or salad.

THURSDAY



Loaded Baked Potatoes

- After baking the potatoes, cut in half and load with warmed up chili from Tuesday. Top with any desired toppings (see note below).
- If you prefer, make [Air Fryer Baked Potatoes](#) or [Instant Pot Baked Potatoes](#). Another option is to bake sweet potatoes instead.

FRIDAY



Green Chile Mac and Cheese

- The mild chiles add unexpected flavor to traditional mac & cheese. If you prefer mac and cheese without the chiles, try my [Baked Macaroni and Cheese](#).
- I usually use whole wheat macaroni to increase nutritional value but regular macaroni can be substituted.

BONUS



Pickled Red Onions

- A jar of pickled red onions can always be found in my refrigerator. The pickled onions are easy to make and they add tons of flavor and crunch to everything from tacos to sandwiches to omelets. Try them on the cauliflower tacos, chili, and loaded baked potatoes this week.

NOTES

- Top the chili with the same toppings you used on Monday's tacos: pickled red onions, cotija cheese, cilantro, avocado, sour cream, sliced jalapeño, etc.
- You probably noticed a southwestern theme in this week's meal plan. Planning weekly menus with a theme is more economical and convenient because you can use some of the same ingredients for more than one meal.





GROCERY LIST FOR MEAL PLAN #18

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

- red onions (2) - *M/Bonus*
- russet potatoes (4) - *Th*
- yellow onion (1) - *Tu*
- cauliflower (1 head) - *M*
- red bell peppers (2) - *M/Tu*
- green bell pepper (1) - *Tu*
- carrots (2) - *Tu*
- limes (2) - *W*
- cilantro (1 bunch) - *W*

DAIRY / REFRIGERATED

- Monterey Jack cheese (1 lb) - *F*
- milk (16 oz) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M/Tu*
- chipotle chili powder - *W*
- ground cumin - *M/Tu*
- garlic powder - *M/W*
- onion powder - *W*
- smoked paprika - *Tu*
- cayenne pepper - *Tu*
- bay leaf - *Tu*

BREAD / PASTA / GRAINS

- tortillas - *M*
- tortilla chips for serving with tacos and topping chili - *M/Tu*
- long grain white rice (2 c) - *W*
- whole wheat elbow macaroni (13.25 oz) - *F*

PANTRY

- brown sugar - *W*
- BBQ sauce - *W*
- all-purpose flour - *F*
- apple cider vinegar - *Bonus*
- granulated sugar - *Bonus*

MEAT / FISH / PROTEIN

- ground beef (2 lb) - *M*
- 4 salmon fillets, skin on (4-6 oz each) - *W*

CANNED GOODS

- 15 oz can chickpeas (1) - *M*
- 15 oz can pinto beans (1) - *Tu*
- 15 oz can kidney beans (1) - *Tu*
- 28 oz can crushed tomatoes (1) - *Tu*
- 14.5 oz can diced tomatoes (1) - *Tu*
- tomato paste (2 T) - *Tu*
- 4.5 oz cans chopped green chiles (2) - *F*

OTHER

- cotija cheese, cheddar cheese, green onions, cilantro, avocado, sour cream, jalapeño for topping tacos and chili - *M/Tu*
- 12 oz bottle of beer (Modelo Negro is a good choice) - *Tu*
- vegetable or salad for serving with salmon and rice - *W*

NOTES

- If desired, substitute ground turkey for the ground beef in Tuesday's chili. Update grocery list accordingly.

