

# Rachel Cooks

## MEAL PLAN #19

MONDAY



### Lasagna Soup

- Make a double batch of the cheese mixture. Use it to top the quinoa bowls (instead of plain ricotta).
- This recipe makes 6 servings. If you have some left over, it makes a great lunch or you can freeze it for a later meal.

TUESDAY



### Soy Glazed Salmon with Steamed Rice and Broccoli

- The recipe calls for 2 pounds of salmon - more than you'll likely need for 4 servings. Instead, buy 1 pound of salmon for four 4 oz. servings (ingredient list reflects this change). Extra glaze can be drizzled over the broccoli and rice.
- The salmon can be baked, broiled, or grilled.

WEDNESDAY



### Quinoa Bowl Recipe with Roasted Tomatoes & Ricotta

- Use the remaining cheese mixture you made for the soup to top the bowl.
- Instead of the balsamic glaze, you could substitute a balsamic vinaigrette dressing, if you prefer.
- Time Saver Alternative: Substitute fresh tomatoes for the roasted tomatoes.

THURSDAY



### Chicken Bites with Mexican Rice

- Option: Skip the Mexican rice and buy a salad kit of your choice. The chicken bites can be served alongside the salad or added to the salad. Update grocery list accordingly if you decide to go this route.

FRIDAY



### Caprese Turkey Burgers

- Serve with chips or another side of your choice.
- The pesto you use for these burgers would also be a delicious addition to the quinoa bowl.

BONUS



### Balsamic Reduction

- Balsamic glaze is very easy to make and it keeps for up to month.
- Ideas to use it: Drizzle it on the quinoa bowl. Add it to the turkey burgers. It dresses up roasted veggies (try it on Brussels sprouts!) and meats. Try it with fresh fruit, such as strawberries or raspberries, especially with ice cream.

NOTES

- If you have an Instant Pot, you can use it to cook rice and quinoa. It turns out perfectly every time. Try [Instant Pot white rice](#), [Instant Pot jasmine rice](#), [Instant Pot brown rice](#), or [Instant Pot quinoa](#).





## GROCERY LIST FOR MEAL PLAN #19

### 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 (3) - M/Th/F
- garlic (7 cloves or 1 head) - M/Tu/Th/F
- mushrooms (16 oz) - M/W
- baby spinach (8 oz) - M/W
- broccoli (1 head) - Tu
- red bell pepper - Th
- large tomato (1) - F
- basil (1-2 bunches or packages) - M/W/F
- cilantro - Th

#### DAIRY / REFRIGERATED

- ricotta cheese (16 oz) - M/W
- parmesan cheese (8 oz) - M/W
- shredded mozzarella cheese (8 oz) - M/W
- egg (1) - F
- fresh mozzarella (8 oz log) - F

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - M
- dried parsley - M/W/F
- dried basil - M
- red pepper flakes - Tu
- paprika - Th
- garlic powder - Th
- onion powder - Th
- chili powder - Th
- ground cumin - Th
- mexican oregano - Th

#### BREAD / PASTA / GRAINS

- 8 oz lasagna noodles (not the no-boil kind) - M
- long grain white rice - Tu/Th
- quinoa - W
- hamburger buns or ciabatta rolls (4) - F

#### PANTRY

- soy sauce (½ c) - Tu
- honey (¼ c) - Tu
- white balsamic vinegar (or regular balsamic vinegar) - W
- balsamic glaze (omit if making bonus recipe) - W
- 2 cups balsamic vinegar - Bonus
- cornstarch - Th
- panko bread crumbs - F

#### MEAT / FISH / PROTEIN

- 1 ¼ lb uncooked sweet Italian sausage links - M
- salmon (1 lb) - Tu
- boneless skinless chicken breasts (1 lb) - Th
- 85/15 ground turkey (1 lb) - F

#### CANNED GOODS

- tomato paste (4 T) - M/Th
- 28 oz can diced tomatoes (1) - M
- 28 oz can whole peeled tomatoes (1) - W
- beef broth (32 oz) - M
- chicken or vegetable stock (32 oz) - Th

#### OTHER

- pesto - F
- chips or side to go with burger - F

#### NOTES

- If you can't find Mexican oregano, regular oregano will work.

