

# Rachel Cooks

## MEAL PLAN #20

MONDAY



### Pork Medallions, Mashed Red Potatoes, and Sugar Snap Peas

- The recipe for the mashed potatoes serves 8 so cut it in half (the grocery list reflects this).

TUESDAY



### Sheet Pan Honey Balsamic Chicken And Vegetables

- The chicken has to marinate for 30 minutes, up to 8 hours. The veggies can be prepped ahead and refrigerated in an airtight container overnight.
- If you're not a fan of one of the vegetables, feel free to omit it or substitute another vegetable. Be sure to update the grocery list accordingly.

WEDNESDAY



### Healthy Ground Turkey Tacos

- This recipe can easily be doubled or tripled. Freeze extra taco meat for an easy meal in the future.
- Many of the same toppings can be used for the vegetarian nachos on Friday. In fact, if you'd like to add meat to the nachos, this taco meat is ideal.

THURSDAY



### Tuna Casserole

- Makes 8 servings so you may have some left over (unless you have hearty eaters). Invite a friend to dinner!

FRIDAY



### Vegetarian Nachos With Creamy Cilantro Lime Drizzle

- We like to bake nachos in metal or aluminum pie pans so everyone can assemble their own.

BONUS



### Homemade Taco Seasoning

- We love this taco seasoning because it doesn't have any artificial ingredients or additives. You can customize it, too.
- Use this seasoning blend for the Turkey Tacos and the Vegetarian Nachos in this week's meal plan.

NOTES

- If desired, make a large batch of taco seasoning (x10) and keep a jar in your pantry to add to taco meat, taco burgers, chicken marinades, etc.





## GROCERY LIST FOR MEAL PLAN #20

### 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

- shallot (1) - *M*
- red onions (3) - *Tu/W/F*
- garlic (4 cloves) - *M/Tu*
- red potatoes (1 ½ lb) - *M*
- sugar snap peas (1 lb) - *M*
- broccoli (1 crown) - *Tu*
- red bell peppers (3) - *Tu/W/F*
- green bell pepper (1) - *F*
- zucchini or summer squash (1) - *Tu*
- mushrooms (8 oz) - *Tu*
- cherry or grape tomatoes (½ pint) - *Tu*
- parsley (1 small bunch) - *M/Tu*
- dill (1 sprig) - *M*
- cilantro (1 bunch) - *F*
- lemon (1) - *M*
- lime (1) - *F*

#### DAIRY / REFRIGERATED

- butter (2 T) - *M*
- milk (4 oz) - *M*
- sour cream (8 oz) - *M/F*
- plain Greek yogurt (4 oz) - *F*
- Mexican blend shredded cheese (24-32 oz) - *W/F*
- grated sharp cheddar cheese (12 oz) - *Th*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *Tu/Bonus*
- taco seasoning (omit if making bonus recipe) - *W/F*
- garlic powder - *F/Bonus*
- chili powder - *Bonus*
- onion powder - *Bonus*
- red pepper flakes - *Bonus*
- paprika - *Bonus*
- ground cumin - *Bonus*

#### BREAD / PASTA / GRAINS

- rice - *Tu*
- tortillas - *W*
- tortilla chips to serve with tacos (optional) - *W*
- tortilla chips for nachos (10 oz) - *F*
- egg noodles (12 oz) - *Th*

#### PANTRY

- all-purpose flour - *M/W*
- balsamic vinegar (½ c) - *Tu*
- honey - *Tu/F*

#### MEAT / FISH / PROTEIN

- pork tenderloin (1 lb) - *M*
- boneless skinless chicken breasts (1 ½ lb) - *Tu*
- 16 oz ground turkey (93/7) - *W*

#### CANNED GOODS

- low-sodium chicken broth (8 oz) - *M*
- 10 ¾ oz cans cream of chicken soup (2) - *Th*
- 5 oz cans white albacore tun in water (2) - *Th*
- 5 oz can sliced water chestnuts (1) - *Th*
- 15 oz can black beans (1) - *F*

#### OTHER

- dry white wine (4 oz) - *M*
- taco toppings (lettuce, tomatoes, salsa, sour cream) - *W*
- frozen peas (2 c) - *Th*
- nacho toppings (cilantro, avocado, tomato, salsa, green onions, etc) - *F*

#### NOTES

- If desired, you can use dried dill instead of fresh (*M*).
- Lots of your taco toppings can be reused as nacho toppings - shop accordingly!

