

# Rachel Cooks

## MEAL PLAN #22

MONDAY



### **Quinoa Chickpea Salad with Blackberries & Candied Pepitas**

- The recipe makes 6 cups of salad which is 4 main course servings.
- If you want to serve the salad as a side, grilled marinated chicken goes well with it. Adjust the grocery list accordingly.

TUESDAY



### **Shakshuka**

- For 4 main course servings, plan on 2 eggs each (8 total).
- Buy a hearty bakery bread to toast and serve with the shakshuka.

WEDNESDAY



### **One Pan Quinoa With Ground Turkey, Kale, Mushrooms**

- If you made extra quinoa on Monday, this meal will be very easy to put together.
- If you bought mint and parsley for Monday's salad, you can use the same herbs for this meal if you like. If you have an herb garden, try basil, parsley, dill, or oregano.

THURSDAY



### **Slow Cooker Cuban Pork (Mojo Pork) with Rice and Black Beans**

- Serve with steamed rice and black beans.
- This makes 8 servings. Save 2 cups of pork for the Cuban sandwiches tomorrow.

FRIDAY



### **Cuban Sandwiches (with leftover pork from Thursday)**

- This is a grilled sandwich. Use a panini press, skillet, or your preferred method.
- Serve the sandwich with kettle potato chips and creamy coleslaw, if desired.

BONUS



### **Fruit Kabobs With Vanilla Bean Yogurt Dip**

- Ideal as an easy dessert or snack. The dip can be made ahead of time and refrigerated.
- You can substitute any type of fruit. You don't have to make kabobs if you don't want to. Simply serve in-season fresh fruit with the vanilla yogurt dip.

NOTES

- **Make Ahead Tip:** Cook 2 cups of quinoa on Monday. Use the extra cooked quinoa for Wednesday's meal.





## GROCERY LIST FOR MEAL PLAN #22

### 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 onion (1) - *M*
- yellow onion (3) - *Tu/W/Th*
- garlic (5 cloves) - *Tu/Th*
- red or green bell pepper (1) - *Tu*
- mushrooms (16 oz) - *W*
- baby kale (4 cups) - *W*
- tomatoes (2 cups chopped) - *W*
- blackberries (6 oz) - *M*
- limes (3) - *Th*
- orange (1) - *Th*
- assorted fruit (strawberries, blueberries, etc) - *Bonus*
- parsley (1 bunch) - *M/Tu/W*
- mint (small bunch) - *M/W*

#### DAIRY / REFRIGERATED

- crumbled feta cheese (6 ½ oz) - *M/Tu*
- eggs (8) - *Tu*
- parmesan cheese for garnish - *W*
- Swiss cheese (8 slices) - *F*
- butter (2 T) - *F*
- cream cheese (4 oz) - *Bonus*
- plain Greek yogurt (8 oz) - *Bonus*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- sweet paprika - *Tu*
- smoked paprika - *Tu*
- ground cumin - *Tu/Th*
- chili powder - *Tu*
- red pepper flakes - *Tu*
- dried oregano - *Th*
- bay leaves (2) - *Th*

#### BREAD / PASTA / GRAINS

- uncooked quinoa (2 c) - *M/W*
- rice for serving with pork - *Th*
- sliced bread for cuban paninis (8 slices) - *F*
- bread for serving with shakshuka - *Tu*
- angel food cake - *Bonus*

#### PANTRY

- honey - *M*
- white wine vinegar - *M*
- dijon mustard - *M/F*
- mayonnaise - *F*
- sliced dill pickles (8) - *F*
- brown sugar (3 T) - *Bonus*
- vanilla beans (optional) - *Bonus*
- vanilla extract - *Bonus*

#### MEAT / FISH / PROTEIN

- ground turkey breast (16 oz) - *W*
- boneless pork shoulder (3 lb) - *Th*
- deli ham (8 slices) - *F*

#### CANNED GOODS

- 15 oz can chickpeas (1) - *M*
- 28 oz can crushed tomatoes (1) - *Tu*
- 15 oz can black beans (1) - *Th*

#### OTHER

- raw pepitas (½ c) - *M*
- dried apricots (½ c) - *M*
- dry white wine (6 oz) - *W*
- potato chips and coleslaw for serving with sandwiches - *F*

#### NOTES

- If you want to add meat to Monday's meal, add boneless skinless chicken breasts to grocery list to grill. You could also pick up a rotisserie chicken.

