

# Rachel Cooks

## MEAL PLAN #23

MONDAY



### American Goulash

- Makes 6 servings. If you have leftover goulash, it reheats well for a quick lunch.
- If desired, serve with steamed broccoli or a light salad.

TUESDAY



### Grilled Salmon and Grilled Brussels Sprouts

- The recipe calls for 1 ½ pounds of salmon, which is four 6 oz. servings.
- Serve salmon and Brussels sprouts with a wedge of lemon.
- If desired, add grilled baby potatoes to this meal if you have enough room on the grill. Everything can be grilled at medium heat (add ingredients to grocery list).

WEDNESDAY



### Avocado Chicken Salad

- Buy a rotisserie chicken or pre-cooked chicken from the deli. If you prefer, prep chicken ahead of time. Try Instant Pot shredded chicken or poached chicken.
- Serve chicken salad on lettuce leaves, in a wrap, or on a croissant. Marinated tomatoes (recipe below) would make a great side, along with celery sticks.

THURSDAY



### Air Fryer Pork Chops and Creamy Lemon Orzo with Greens

- Tuscan kale is more tender than curly kale; it can also be called lacinato, elephant, or Italian kale. If you are unable to find it, substitute baby kale or finely shredded curly kale.
- If you don't have an air fryer, grill or fry the pork chops.

FRIDAY



### Zucchini Pizza Bites

- If desired, English muffin pizzas can be served along with the pizza bites for a more substantial meal. Most of the same ingredients can be used. Simply add English muffins to your grocery list.

BONUS



### Marinated Tomatoes

- Marinated tomatoes will keep for up to a week in the refrigerator.
- Serve as a salad with almost any meal. If desired, the tomatoes can be served on leafy greens with some of the marinade as a dressing.

NOTES

- Leftover yogurt (from chicken salad) can be used to make a delicious creamy lemon smoothie.



## GROCERY LIST FOR MEAL PLAN #23

### 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*
- shallots (4) - *Th/Bonus*
- garlic (10 cloves) - *M/Tu/Th/Bonus*
- green bell pepper (1) - *M*
- Brussels sprouts (1 lb) - *Tu*
- medium avocados (2) - *W*
- celery (2-3 stalks) - *W*
- large zucchini (2) - *F*
- cherry or grape tomatoes (1 lb) - *Bonus*
- tuscan kale (3-4 oz) - *Th*
- baby spinach (5 oz) - *Th*
- parsley (1 bunch) - *M/Tu/W/Bonus*
- chives (3 T) - *Tu/Bonus*
- lemons (3) - *Tu/W/Th*
- vegetable or salad of choice to serve with goulash - *M*

#### DAIRY / REFRIGERATED

- shredded cheddar cheese for topping goulash - *M*
- unsalted butter (5 T) - *Tu/Th*
- shredded parmesan cheese (1 T) - *Tu*
- grated parmesan cheese (1 c) - *Th/F*
- shredded mozzarella cheese (¾ c) - *F*
- plain greek yogurt (2 oz) - *W*
- heavy cream (6 oz) - *Th*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- paprika - *M/Th*
- Italian seasoning - *M/F*
- bay leaf (1) - *M*
- garlic powder - *Tu/Th*
- onion powder - *Tu/Th*
- smoked paprika - *Tu*
- red pepper flakes - *Th*

#### PANTRY

- Worcestershire sauce - *M*
- slivered almonds (½ c, optional) - *W*
- brown sugar - *Th*
- pine nuts (¼ c, optional) - *Th*
- pizza sauce (¼ c) - *F*
- white wine vinegar - *Bonus*

#### BREAD / PASTA / GRAINS

- elbow macaroni (8 oz) - *M*
- wraps, bread, or croissants for serving chicken salad - *W*
- orzo (1 c) - *Th*

#### MEAT / FISH / PROTEIN

- lean ground beef or turkey (1 lb) - *M*
- fresh salmon (1 ½ lb) - *Tu*
- boneless skinless chicken breasts (1 ½ to 2 lb) - *W*
- boneless pork chops (four chops, 1 ½ lb total) - *Th*
- pepperoni (30 slices) - *F*

#### CANNED GOODS

- 14.5 oz can diced tomatoes (1) - *M*
- 15 oz can tomato sauce (1) - *M*
- low-sodium beef or chicken stock (16 oz) - *M*
- low sodium chicken broth (16 oz) - *Th*

#### OTHER

- chips or vegetables for serving with chicken salad (optional) - *W*

#### NOTES

- If desired, substitute rotisserie chicken for chicken breasts (*W*).
- If your avocados ripen before Wednesday, place in the fridge.
- On Tuesday, you could use grated Parmesan instead of shredded Parmesan, since you're already purchasing it for Thursday and Friday's recipes. You could also use Parmesan on the goulash if you don't want to buy cheddar.