

Rachel Cooks

MEAL PLAN #24

MONDAY



Barley Salad with Tomatoes, Cucumbers, and Parsley

- If desired, add protein to the salad: canned cannellini or garbanzo beans (rinsed and drained), feta cheese, toasted pine nuts, or cooked chicken. Don't forget to add items to grocery list!
- I like to cook the barley the night before or in the morning to save time.

TUESDAY



Bruschetta Chicken & Sautéed Zucchini Ribbons

- Serve this meal with crusty Italian bread to soak up the extra bruschetta. Be sure to warm it up first!

WEDNESDAY



Shrimp Salad with Mango and Avocado

- The recipe is written for 2 main course salads so you'll need to double the ingredients. The grocery list has been adjusted for you.
- You may have fresh parsley or basil left over from other recipes this week. If so, feel free to substitute one of them for the cilantro in this recipe.

THURSDAY



Sheet Pan Italian Sausage, Polenta, and Broccoli

- If the weather is too warm to turn the oven on, grill the Italian sausages. The polenta and broccoli can be grilled in a grill pan.

FRIDAY



Summer Pasta Salad

- This salad can be made ahead of time. The pasta tends to absorb the dressing so reserve some dressing to stir in right before serving.
- There are many ways to make this salad your own. See the recipe card for ideas.

BONUS



Oreo Ice Cream

- You won't need an ice cream maker to make this ultra-creamy frozen treat. It's so easy to whip up and everyone loves it! Be sure to try the flavor variations listed on the recipe card, too.

NOTES

- If you're planning Independence Day festivities, you'll want to include these easy Patriotic Fruit Kabobs with creamy yogurt dip.
- Invite friends for an impromptu summer get-together. Throw some hotdogs on the grill, add a bag of chips and the summer pasta salad, and you've got the makings for a fine evening. Take a look at my list of summer cocktails, too.





GROCERY LIST FOR MEAL PLAN #24

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 (3) - M/Tu/W/Th/F
- garlic (4 cloves) - M/Tu/W
- jalapeño peppers (2) - W
- bell pepper (1) - F
- vine-ripened tomatoes (7) - M/Tu
- grape tomatoes (1 c) - F
- english cucumber (1) - M
- summer squash (1 ½ lb) - Tu
- zucchini (1 ½ lb) - Tu
- broccoli (1 head) - Th
- radishes (6-7) - F
- leaf lettuce (1 large bunch) - W
- avocado (1) - W
- lemons (2) - M/Tu
- limes (2) - W
- mangoes (2) - W
- flat leaf parsley (1 bunch) - M/Tu
- mint leaves (1 T) - M
- basil (½ c) - Tu
- cilantro (¼ c) - W

DAIRY / REFRIGERATED

- shredded parmesan cheese (½ c) - Tu
- sharp provolone cheese (5 oz) - F
- heavy cream (16 oz) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - Tu/Th
- garlic powder - Tu/Th
- chili powder - W
- red pepper flakes - F

BREAD / PASTA / GRAINS

- pearl barley (1 c) - M
- bread for serving with chicken - Tu
- cooked polenta (18 oz) - Th
- mini farfalle or other small pasta (8 oz) - F

PANTRY

- balsamic vinegar - Tu
- honey - W
- marinara or pizza sauce - Th
- Italian dressing (1 c) - F
- vanilla extract - Bonus

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (1 ½ - 2 pounds) - Tu
- peeled and deveined large shrimp (16 oz) - W
- 4 to 5 links uncooked Italian sausages (16 oz) - Th
- salami (3 oz) - F

CANNED GOODS

- 15.25 oz can corn (1) - F
- 14 oz can sweetened condensed milk (1) - Bonus

OTHER

- Oreo cookies (18) - Bonus

NOTES

- Cooked polenta comes in tubes and is shelf-stable.

