

# Rachel Cooks

## MEAL PLAN #26

MONDAY



### Chicken Cacciatore with Instant Pot Polenta

- If you prefer, buy instant polenta instead of cooking it in your Instant Pot, or serve the chicken cacciatore with egg noodles or mashed potatoes.
- Makes 6 servings. It's really great reheated for lunch the next day.
- Omit cheese from polenta (grocery list reflects omission).

TUESDAY



### Ham, Spinach, and Cheese Egg Boat

- Look for a package of diced ham by the other ham products.
- Serve with a spinach salad topped with fruit and creamy poppy seed dressing.
- Save the bread that you remove from the loaf. Use it to make your own delicious croutons (bonus recipe).

WEDNESDAY



### Creamy Coconut Shrimp with Steamed Rice and Broccoli

- Makes 6 servings. Invite guests or save some for lunch. Another option: Use 1 bag of shrimp instead of 2, enjoy the extra sauce with the rice and broccoli.
- Try Instant Pot jasmine rice or cook the rice using your favorite method. The broccoli can be stir fried with the other vegetables, or steamed separately.

THURSDAY



### Grilled Vegetable Salad with Goat Cheese

- I like to add a can of garbanzo beans to make this a vegetarian entrée. Serve the salad with grilled Italian bread or garlic bread.
- This makes a pretty large salad and can serve up to 8. If you prefer, the recipe can be cut down by using one less zucchini and one less summer squash.

FRIDAY



### Air Fryer Hot Dogs (or grilled hot dogs) with Healthy Coleslaw

- The coleslaw is a lighter version of my creamy coleslaw. It's pretty much identical except the dressing is made with a mixture of mayonnaise and Greek yogurt. If you prefer, simply use all mayonnaise (½ cup).

BONUS



### Homemade Croutons

- Make croutons any time you have day old bread. It's so easy and they are so much better than store-bought.
- Serve croutons on salads, soups, or pasta. They keep well in an airtight container or bag.

NOTES

- If you're not a fan of goat cheese, substitute feta, fresh mozzarella, or Parmesan cheese in the grilled vegetable salad (Thursday).





## GROCERY LIST FOR MEAL PLAN #26

### 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 onions (2) - *M/W*
- red onion (1) - *Th*
- garlic (10 cloves) - *M/W/Th*
- ginger root - *W*
- red bell peppers (2) - *M/W*
- green bell pepper (1) - *M*
- jalapeño peppers (1) - *W*
- white mushrooms (16 oz) - *M/Th*
- broccoli - *W*
- zucchini (2) - *Th*
- summer squash (3) - *Th*
- baby spinach (5 oz) - *Tu*
- parsley (1 small bunch) - *M/Th*
- basil - *W*
- rosemary - *Th*
- limes (2) - *W*
- lemon (1) - *Th*
- shredded cabbage and carrots (16 oz bag) - *F*
- salad ingredients of choice - *Tu*

#### DAIRY / REFRIGERATED

- unsalted butter (2 T) - *M*
- eggs (5) - *Tu*
- milk (4 oz) - *Tu*
- shredded sharp cheddar cheese (¾ c) - *Tu*
- goat cheese (4 oz) - *Th*
- plain nonfat Greek yogurt (¾ c) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *W*
- dried oregano - *M*
- dried thyme - *M*
- red pepper flakes - *M/Th*
- celery seeds - *F*
- garlic powder - *Bonus*

#### BREAD / PASTA / GRAINS

- polenta or coarse ground cornmeal, not quick cooking (1 c) - *M*
- large loaf of French or Italian bread (2) - *Tu/Bonus*
- rice for serving with shrimp - *W*
- hot dog buns - *F*

#### PANTRY

- all-purpose flour - *M*
- granulated sugar - *F*
- brown sugar or coconut sugar - *W*
- cornstarch - *W*
- red wine vinegar - *Th*
- white vinegar - *F*
- light mayonnaise (¾ c) - *F*
- dry white wine (¾ c) - *M*
- dijon mustard - *Tu*

#### MEAT / FISH / PROTEIN

- 6 bone-in, skin-on chicken thighs (2 ½ - 3 lb) - *M*
- cooked ham (4 oz) - *Tu*
- medium or large shrimp, peeled and deveined (2 lb) - *W*
- hot dogs (4+) - *F*

#### CANNED GOODS

- 28 oz can crushed tomatoes (1) - *M*
- chicken broth (32 oz) - *M*
- 14 oz can coconut milk (1) - *W*
- can of garbanzo beans (1) - *Th*

#### OTHER

- salad dressing (if not making your own) - *Tu*
- hot dog toppings - *F*

#### NOTES

- Check out the recipe card for hot dog topping ideas (Friday). You may want to try a New York dog or a slaw dog! Adjust the grocery list accordingly.

