

Rachel Cooks

MEAL PLAN #25

MONDAY



Egg Roll in a Bowl (one pan meal)

- This is an easy all-in-one meal that really doesn't need any sides. I highly recommend garnishing this dish with wonton strips and additional chopped green onions (scallions).

TUESDAY



Chicken Tortellini Soup with Kale and Pesto

- Serve with warm breadsticks or crackers, if desired.

WEDNESDAY



Grilled Ratatouille Pasta Salad with Italian Sausages

- Grill the sausages while you grill the vegetables for the ratatouille or make the salad ahead and grill the sausages when you eat. If you have an air fryer, it does a great job cooking Italian sausages, too (360°F) for 10 to 13 minutes, flipping once.

THURSDAY



Pesto Salmon in Parchment Paper

- The recipe is written for 2 servings, 6 oz. salmon each. The grocery list has been adjusted to make 4 servings but you'll have to double the ingredients on the recipe card when you make the recipe.

FRIDAY



Grilled Cheese Sandwiches with Refrigerator Dill Pickles

- We like to make grilled cheese sandwiches in our air fryer but feel free to use any method you prefer. Take a look at the recipe card before you go grocery shopping if you want to try a delicious variation.
- Serve the sandwiches with dill pickle spears and potato chips.

BONUS



Basil Pesto

- If you have a lot of basil, make a double batch and freeze pesto for later use.
- In the summer, I like to make homemade pesto for the tortellini soup recipe and the pesto salmon recipe (and so much more!). A spoonful of pesto can be stirred into the dressing for the grilled vegetable salad, too.

NOTES

- If you don't care for Italian sausage, marinate chicken to grill (balsamic marinade or Italian marinade are good choices) on Tuesday. Add necessary ingredients to grocery list.
- The dill pickles (Friday) are a "quick" pickle but they are best if you make them the night before (or up to a week ahead) so they have plenty of time to soak in the brine.





GROCERY LIST FOR MEAL PLAN #25

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 (2) - M/Tu
- red onions (3) - W/Th
- garlic (15 cloves) - M/Tu/W/Bonus
- ginger root - M
- green onions (1 bunch) - M
- mushrooms (8 oz) - M
- coleslaw mix (16 oz) - M
- matchstick carrots (1 c) - M
- eggplant (1 lb) - W
- zucchini (4) - W/Th
- salad cucumbers (4) - F
- red bell pepper (1) - W
- large tomatoes (24 oz total) - W
- grape tomatoes (2 c) - Th
- baby kale (5 oz) - Tu
- basil (5 c) - W/Bonus
- dill (½ c) - F

DAIRY / REFRIGERATED

- butter (4 T) - F
- sharp cheddar cheese slices (16) - F
- shredded Parmesan cheese (½ c) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- sesame oil - M
- sesame seeds - M
- dried thyme - W
- garlic powder - W
- peppercorns - F
- red pepper flakes - F

BREAD / PASTA / GRAINS

- dried cheese tortellini (8 oz) - Tu
- breadsticks or crackers (optional) - Tu
- short pasta such as ziti (8 oz) - W
- bread of choice (8 slices) - F

PANTRY

- soy sauce - M
- rice vinegar - M
- sriracha - M
- cornstarch - M
- white balsamic vinegar - W
- granulated sugar - F

MEAT / FISH / PROTEIN

- 1 lb ground turkey, chicken, beef, or pork - M
- boneless skinless chicken breasts (16 oz) - Tu
- Italian sausages to grill (4) - W
- salmon fillets (24 oz total) - Th

CANNED GOODS

- chicken broth or stock (32 oz) - Tu
- kalamata olives (¾ c) - Th

OTHER

- wonton strips (optional) - M
- pine nuts (½ c) - Bonus
- parchment paper - Th

NOTES

- If you're not making pesto as the bonus recipe, add premade pesto to your grocery list for Tuesday and Thursday. You'll need about ¾ cup.
- If fresh basil isn't available for the bonus recipe, try arugula pesto. It's nut-free! Other greens can be substituted for arugula. In fact, you can substitute a handful of arugula or spinach for some of the basil in the basil pesto.

