

Rachel Cooks

MEAL PLAN #27

MONDAY



Chicken Stir Fry with Ginger and Basil

- If you prefer a vegetarian meal, substitute baked tofu or air fryer tofu for the chicken. Adjust shopping list accordingly.

TUESDAY



Salmon Tacos

- If you're not an avocado fan, substitute mango slaw. Adjust the grocery list accordingly.
- Salmon tacos don't require a side; however, if desired, serve with tortilla chips and salsa. Make easy baked tortilla chips with extra corn tortillas.

WEDNESDAY



Egg Salad Sandwiches

- Cook the eggs ahead of time and refrigerate. Try Instant Pot Boiled Eggs, they peel perfectly every time.
- Serve the sandwiches with your favorite side: chips, veggies and dip, a bagged salad, or an easy vegetable. Add whatever you decide to the grocery list.

THURSDAY



Chile Relleno Soup with Chicken

- Top the soup with leftover cotija cheese (from the salmon tacos). If you bought a bunch of cilantro for the tacos, you should have enough for the soup, too.
- If you prefer, the soup can be made in a slow cooker. Instructions are on the recipe card.

FRIDAY



Easy Turkey Burgers with Air Fryer French Fries

- These seasoned turkey burgers are best when you broil them. They tend to fall apart on the grill.
- Make a double batch of fries. Serve the fries with homemade fry sauce (add to list if desired). It's good on the burgers, too.

BONUS



Funfetti Pudding Pops

- You'll need popsicle molds and sticks to make pudding pops. If you don't have any, substitute clean recycled yogurt cups or small paper cups. Cover the tops with foil and insert the stick into the foil. The foil will keep the stick upright.

NOTES





GROCERY LIST FOR MEAL PLAN #27

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 (2) - M/Tu
- yellow onions (2) - Th/F
- garlic (2 cloves) - Th
- ginger root - M
- russet potatoes (2) - F
- matchstick carrots (2 c) - M
- sugar snap peas (2 c) - M
- jalapeño pepper (1) - Tu
- poblano peppers (6) - Th
- avocado (1) - Tu
- shredded cabbage or coleslaw mix (3 c) - Tu
- limes (4) - M/Tu
- basil (¼ c) - M
- cilantro (1 bunch) - Tu/Th

DAIRY / REFRIGERATED

- cotija cheese - Tu
- eggs (9) - W/F
- Greek yogurt (¼ c) - W
- block cream cheese (4 oz) - Th
- 2% milk (1 ¾ c) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - M
- red pepper flakes - M
- chili powder - Tu
- chipotle chili powder - Tu
- ground cumin - Tu/Th/F
- garlic powder - Tu
- dried parsley - F
- cayenne powder - F

BREAD / PASTA / GRAINS

- rice for serving with stir fry - M
- tortillas (8) - Tu
- bread, croissants, or crackers for egg salad - W
- rolled oats (¼ c) - F
- buns for burgers (4) - F

PANTRY

- honey - M
- cornstarch - M
- mayonnaise - W
- dijon mustard - W
- all-purpose flour - Th
- instant vanilla pudding (3.4 oz package) - Bonus
- jimmies sprinkles (¼ c) - Bonus

MEAT / FISH / PROTEIN

- boneless skinless chicken breast (3 lb) - M/Th
- salmon fillets (1 lb) - Tu
- ground turkey (1 ¼ lb) - F

CANNED GOODS

- low-sodium chicken broth (40 oz) - M/Th

OTHER

- additional taco toppings - Tu
- tortilla chips & salsa - Tu
- sides for egg salad sandwiches: veggies and dips, chips, or a bagged salad - W
- toppings for burgers - F

NOTES

- Other vegetables can be substituted for the vegetables in Monday's stir-fry. Buy in season vegetables, if possible. Broccoli, bell peppers, mushrooms, zucchini, summer squash, eggplant, celery, and cabbage are all good choices.
- For the pudding pops, any flavor of instant pudding can be substituted. Choose whatever color of sprinkles you like or omit them.

