

Rachel Cooks

MEAL PLAN #28

MONDAY



Instant Pot Tomato Soup

- This soup is made almost completely with pantry items. It's perfect for a quick dinner. Serve it with a fresh salad and crackers.
- If you prefer, the half and half can be omitted. Fresh tomatoes can be substituted for the canned tomatoes.

TUESDAY



Moroccan Meatballs with Roasted Tomatoes and Chickpeas

- **Make Ahead Tip:** Mix and form the meatballs a day ahead. Put them in a single layer, wrap tightly or cover, and refrigerate. The veggies can be prepped ahead too.

WEDNESDAY



Slow Cooker Mango Bourbon Pulled Pork & Creamy Coleslaw

- This recipe makes a big batch of pulled pork. Refrigerate the extra pork for Friday's dinner. It freezes well, too.

THURSDAY



Chicken Bites on Arugula Salad

- Serve chicken on the salad or on the side. Warm bread can be served along with it.
- If you prefer, buy a bagged salad instead of making your own. Update grocery list accordingly.

FRIDAY



BBQ Pork Bowl (with leftover pulled pork)

- Serve topped with black bean corn salsa (see recipe below), ranch dressing, and sliced avocado.
- If you prefer, cooked quinoa can be substituted for the rice. Update grocery list accordingly.

BONUS



Black Bean Corn Salsa

- Serve with BBQ Pork bowls on Friday. The salsa is great with tortilla chips or on lettuce, too.
- To save time, make the salsa ahead. It can be refrigerated for up to 5 days.

NOTES

- Don't have an Instant Pot? Monday's soup can easily be made on the stove. You'll find instructions on the recipe card.





GROCERY LIST FOR MEAL PLAN #28

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*
- large sweet onion (1) - *Tu*
- red onion (1) - *F/Bonus*
- garlic (4 cloves) - *M/Tu*
- carrots (2) - *M*
- cherry or grape tomatoes (1 pint) - *Tu*
- green bell pepper (1) - *Tu*
- red bell pepper (1) - *Th*
- jalapeño pepper (1) - *Bonus*
- coleslaw mix (16 oz) - *W*
- roma tomatoes (3) - *Bonus*
- avocado - *F*
- orange (1) - *Tu*
- lemon (1) - *Th*
- lime (1) - *Bonus*
- mangoes (2) - *W*
- baby arugula (5 oz) - *Th*
- basil (2 T) - *M*
- parsley (¼ c) - *Tu*
- mint (1 T) - *Tu*
- cilantro (1 small bunch) - *Bonus*

DAIRY / REFRIGERATED

- half and half (4 oz) - *M*
- egg (1) - *Tu*
- crumbled feta cheese (¼ c) - *Tu*
- Parmesan cheese (2 oz) - *Th*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *M*
- ground cumin - *Tu/Bonus*
- ground allspice - *Tu*
- ground cinnamon - *Tu*
- chili powder - *W*
- celery salt - *W*
- paprika - *Th*
- garlic powder - *Th*
- onion powder - *Th*

BREAD / PASTA / GRAINS

- couscous for serving with meatballs - *Tu*
- buns for pulled pork (4) - *W*
- rice - *F*

PANTRY

- brown sugar - *M*
- granulated sugar - *W*
- honey - *W/Th*
- cornstarch - *Th*
- balsamic vinegar - *W*
- white distilled vinegar - *W*
- barbecue sauce (16 oz) - *W*
- mayonnaise - *W*
- dijon mustard - *W*
- ranch dressing - *F*
- panko breadcrumbs - *Tu*

MEAT / FISH / PROTEIN

- lean ground beef or lean ground turkey (1 lb) - *Tu*
- pork shoulder roast (3-4 lb) - *W*
- boneless skinless chicken breasts (1 lb) - *Th*

CANNED GOODS

- 28 oz cans whole peeled tomatoes (2) - *M*
- 16 oz can chickpeas (1) - *Tu*
- 15 oz can black beans (1) - *Bonus*
- 16 oz reduced sodium chicken broth - *W*
- 15 oz can corn (1) - *Bonus*

OTHER

- sides for soup: salad, crackers, and/or bread - *M*
- 1.5 oz bourbon (optional) - *W*
- bread for serving (optional) - *Th*
- chips for salsa - *Bonus*

NOTES

- Dried basil (2 teaspoons) may be substituted for fresh basil (*M*).
- If your avocado becomes ripe before Friday, place in fridge.

