

Rachel Cooks

MEAL PLAN #29

MONDAY



Vegetable Fritters with Fried Eggs

- We like these fritters with over-easy fried eggs. This is a meatless entrée but if you want, sausage links go well with this meal. A simple lettuce salad or fruit can be served, too.

TUESDAY



One-Pot Cajun Chicken Pasta

- If you prefer dark meat, sub in boneless skinless chicken thighs.
- Save the remainder of the heavy cream for Thursday's dinner, smothered pork chops (buy an 8 oz. container).

WEDNESDAY



Shrimp Tacos

- If desired, substitute 2½ teaspoons Cajun seasoning to season the shrimp (instead of the chili powder, cumin, paprika, garlic powder, salt and pepper). You could also substitute Cajun seasoning in the sauce.
- Remaining red cabbage will be used for Thursday's meal.

THURSDAY



Smothered Pork Chops with German Red Cabbage

- Serve the pork chops with a half-batch of German red cabbage. If desired, mashed red potatoes would go well with this meal. Add to grocery list if desired.

FRIDAY



Homemade Sloppy Joe Sandwiches

- Serve with a side of your choice: chips, bagged salad, veggies and dip, deli coleslaw or potato salad, etc.
- The sloppy joe mix can be made with either ground turkey or ground beef.

BONUS



White Wine Spritzer with Berry Ice Cubes

- This is an easy cocktail that is light and refreshing. It's very versatile; you can use any seasonal fruits to make the ice cubes or it can be enjoyed without the berry ice cubes. Take a look at the recipe card for more ideas.
- If you prefer, try a rosé spritzer or a raspberry rosé spritzer instead.

NOTES

- You can make your own Cajun seasoning (Tu). It's easy and you can adjust the heat level to your liking. Stir it in mayonnaise, make a Cajun marinade, sprinkle it on fries, scrambled eggs, or mac & cheese. Try substituting Cajun seasoning for the seasoning in Monday's vegetable fritters.





GROCERY LIST FOR MEAL PLAN #29

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) - Tu/F
- sweet onions (2) - W
- garlic (5 cloves) - Tu/Th
- small zucchini (1) - M
- small carrot (1) - M
- red bell peppers (3) - M/Tu/F
- green bell pepper (1) - F
- sliced mushrooms (8 oz) - Th
- red cabbage (1 head) - W/Th
- parsley (1 bunch) - M/Tu
- cilantro (small bunch) - W
- thyme (4-6 sprigs) - Th
- limes (2) - W
- strawberries - Bonus
- blueberries - Bonus
- raspberries - Bonus

DAIRY / REFRIGERATED

- egg (9) - M
- milk (2 T) - M
- butter (3 T) - Th
- heavy cream (1 c) - Tu/Th
- grated parmesan cheese (¾ c) - Tu
- plain greek yogurt (¼ c) - W
- cotija cheese - W

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground turmeric - M
- cayenne pepper - M
- cajun seasoning - Tu
- red pepper flakes - Tu
- chili powder - W
- ground cumin - W
- smoked paprika - W
- garlic powder - W/F

BREAD / PASTA / GRAINS

- short pasta, such as penne (8 oz) - Tu
- corn tortillas (8) - W
- buns for sloppy joes (4) - F

PANTRY

- all-purpose flour - M/Th
- granulated sugar - Th
- brown sugar - F
- honey - W
- red wine vinegar - Th
- mayonnaise - W
- ketchup - F
- yellow mustard - F
- Worcestershire sauce - F

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (1 lb) - M
- peeled, deveined, tails removed shrimp, 50/60 count (1 lb) - W
- bone-in, thick-cut pork chops (2 lb) - Th
- 1 lb ground turkey (or beef) - F

CANNED GOODS

- 14.5 oz can fire roasted diced tomatoes (1) - Tu
- low sodium chicken broth (32 oz) - Tu/Th
- 15 oz can corn (1) - Tu

OTHER

- side for fritters (salad, fruit, and/or sausage links) - M
- sloppy joe toppings (cheese, lettuce, coleslaw, onions, etc) - F
- side for sloppy joes (chips, salad, potato salad, and/or coleslaw) - F
- white wine (12+ oz) - Bonus
- club soda (4+ oz) - Bonus

NOTES

- Any assortment of fresh berries can be used for the fruit ice cubes (Bonus). Extra berries can be served as a snack, dessert, or a simple fruit salad.

