

# Rachel Cooks

## MEAL PLAN #30

MONDAY



### **Instant Pot Turkey Breast with Stovetop Scalloped Potatoes**

- Serve the turkey with scalloped potatoes and a vegetable of your choice.
- You'll have plenty of turkey left over. Save it to make the turkey salad tomorrow.
- If you don't have an Instant Pot, roast the turkey breast in your oven. See [Herb Roasted Turkey Breast](#).

TUESDAY



### **Turkey Salad Wraps**

- Serve the wraps with sweet potato chips, if desired (be sure to add them to the grocery list).
- If you don't have leftover turkey, cooked chicken can be substituted.

WEDNESDAY



### **Israeli Couscous Salad with Tomatoes, Mozzarella & Herbs**

- This is a vegetarian main course salad. Serve it with warm bakery bread and restaurant-style bread dipping oil (see bonus recipe), if desired.

THURSDAY



### **Air Fryer Chicken Tenders & Cheese & Pesto Stuffed Zucchini**

- For a simpler meal, try [grilled zucchini](#) or [sautéed summer squash and zucchini ribbons](#).
- If you don't have an air fryer, substitute baked [chicken nuggets](#).

FRIDAY



### **English Muffin Pizzas with Pesto, Mozzarella & Tomatoes**

- If you bought a jar of pesto for the stuffed zucchini, this is a good way to use the remaining pesto (in place of pizza sauce). Top the mini pizzas with pesto, mozzarella cheese (try fresh mozzarella), and sliced grape tomatoes. Serve with drizzle of balsamic vinegar reduction, if you like. Plan to double recipe.

BONUS



### **Bread Dipping Oil (Restaurant-Style)**

- Serve with warm crusty Italian or French bread.
- For a more mild garlic flavor, omit fresh garlic and increase garlic powder to 1 teaspoon.

NOTES

- If you'd like to store the bread dipping mix longer, leave out the fresh garlic and just add it when you're ready to serve. If you do this, you don't need to refrigerate the mixture and it will keep for up to 6 months in your pantry.





## GROCERY LIST FOR MEAL PLAN #30

### 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*
- red onion (1) - *W*
- green onions (2) - *Tu*
- garlic (5 cloves) - *M/Bonus*
- potatoes (2 lb) - *M*
- celery (3 stalks) - *Tu*
- grape tomatoes (1 pint) - *W/F*
- zucchini (2, about 9 oz each) - *Th*
- leaf lettuce - *Tu*
- sage, rosemary, thyme (see note) - *M*
- chives (optional) - *M*
- basil (1 c) - *W*
- vegetable of choice - *M*

#### DAIRY / REFRIGERATED

- butter (2 T) - *M*
- heavy cream (4 oz) - *M*
- shredded cheddar cheese (1¼ c) - *M*
- shredded mozzarella cheese (2 c) - *Th*
- fresh mozzarella balls (8 oz) - *W*
- grated parmesan cheese (½ c) - *Th/Bonus*
- plain greek yogurt (1 c) - *Tu*
- eggs (2) - *Th*
- reduced-fat cream cheese (4 oz) - *Th*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- olive oil spray - *Th*
- nutmeg - *M*
- celery seed (not salt) - *Tu*
- paprika - *Th*
- garlic powder - *Th/Bonus*
- dried parsley flakes - *Th/Bonus*
- dried oregano - *Bonus*
- dried basil - *Bonus*
- onion powder - *Bonus*
- red pepper flakes - *Bonus*
- dried thyme - *Bonus*
- dried rosemary - *Bonus*

#### BREAD / PASTA / GRAINS

- wraps or large tortillas (4) - *Tu*
- pearl (Israeli) couscous (1 c uncooked) - *W*
- bakery bread - *W/Bonus*
- English muffins (4) - *F*

#### PANTRY

- dried cranberries (½ c) - *Tu*
- apple cider vinegar - *Tu*
- balsamic vinegar - *W*
- honey - *Tu*
- Dijon mustard - *Tu*
- flour - *Th*
- panko bread crumbs - *Th*
- balsamic glaze - *F*

#### MEAT / FISH / PROTEIN

- 3 pound boneless turkey breast (frozen) - *M*
- chicken tenders (1 ½ lb) - *Th*

#### CANNED GOODS

- chicken broth (18 oz) - *M*
- prepared pesto (¾ c) - *Th/F*

#### OTHER

- chips to serve with wraps - *Tu*
- dipping sauce of choice for chicken tenders - *Th*

#### NOTES

- Fresh herbs will give the turkey the best flavor. Sometimes you can find a "poultry mix" that includes a small amount of each of these herbs. However, if you don't want to buy them, you can use dried herbs.

