

Rachel Cooks

MEAL PLAN #31

MONDAY



Vegetarian Chili (Slow Cooker or Stovetop)

- The chili makes 8 servings. If you prefer, make it on Sunday. It freezes well and can be used for a future meal.
- You can easily add ground beef or turkey to this recipe if you prefer a meaty chili. Brown it before adding the vegetables to the pan.

TUESDAY



Herb Roasted Chicken Drumsticks & Potatoes

- Serve this dinner with a vegetable or salad of your choice.
- If you prefer, this dinner can be made with just one type of potato (use 3 sweet potatoes, 3 russet potatoes, or baby potatoes).

WEDNESDAY



Salmon with Spinach Poblano Cream Sauce

- Serve this dinner with warm crusty bread. Cooked rice, couscous, pasta, or mashed potatoes are good, too. Add whatever you choose to the grocery list.

THURSDAY



Asian Grilled Chicken with Cabbage Salad

- Make ahead: Marinate the chicken for at least 4 hours and up to 24 hours.
- Serving options: Serve the grilled chicken with the salad on the side OR slice the chicken and serve it on the salad.

FRIDAY



Turkey Wraps

- The wraps are easy to make and can be grilled if you prefer a warm wrap. There are lots of suggestions on the post if you want to make substitutions.
- Serve with chips, veggies and dip, whatever you like. Be sure to add your choice to the grocery list.

BONUS



French Toast

- Splurge on the weekend with homemade French toast. Be sure to try my [air fryer French toast sticks](#), too.
- I recommend Texas toast for the best French toast (NOT the Texas toast frozen garlic bread). You can find it on the bread aisle.

NOTES

- Make Ahead Idea: Grill a double batch of the marinated chicken Thursday. You can use thinly sliced grilled chicken instead of the deli turkey for the wraps. The grilled chicken also freezes well to use for a future meal.



GROCERY LIST FOR MEAL PLAN #31

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 (3 medium) - M/Tu/W
- green onions (2) - Th
- sweet potatoes (2, or about 1½ lb) - Tu
- russet potatoes (1, or about ¾ lb) - Tu
- garlic (5 cloves) - M/W
- ginger root - Th
- red bell pepper (1) - M
- green bell pepper (1) - M
- jalapeño pepper (1) - M
- poblano peppers (2) - W
- carrots (2) - M/Th
- celery (2 stalks) - M
- sugar snap peas (1 c) - Th
- cucumber (1) - F
- avocado (2) - F
- spinach (5 oz) - W
- green cabbage (2 c shredded) - Th
- red cabbage (2 c shredded) - Th
- leaf lettuce - F
- rosemary (2 tsp) - Tu
- thyme (1 tsp) - Tu
- cilantro (1 small bunch) - W/Th
- lemon (1) - W
- limes (2) - Th
- vegetable or salad of choice - Tu

MEAT / FISH / PROTEIN

- chicken drumsticks (3 lb, or about 8 drumsticks) - Tu
- 4 salmon fillets (4-6 oz each) - W
- boneless skinless chicken breast (1½ lb) - Th
- deli turkey (12 slices) - F

DAIRY / REFRIGERATED

- butter (1 T) - W
- whole or 2% milk (20 oz) - W/Bonus
- chive and onion spreadable cream cheese (4 oz) - F
- eggs (4) - Bonus

BREAD / PASTA / GRAINS

- bread, rice, or pasta to serve with salmon - W
- wraps or large tortillas (4) - F
- Texas toast bread (8 slices) - Bonus

CANNED GOODS

- tomato paste (2 T) - M
- 15 oz can tomato sauce (1) - M
- 14.5 oz cans diced tomatoes (2) - M
- 15 oz can kidney beans (1) - M
- 15 oz can black beans (1) - M
- 15 oz can pinto beans (1) - M
- vegetable broth (16 oz) - M
- chicken broth (8 oz) - Th
- 15 oz can corn (1) - M
- 15 oz can mandarin oranges in light syrup (1) - Th

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- avocado oil
- chili powder - M
- ground cumin - M
- dried oregano - M
- paprika - Tu
- garlic powder - Tu/Th
- red pepper flakes - Th
- ground cinnamon - Bonus

PANTRY

- all-purpose flour - W
- granulated sugar - Th/Bonus
- honey - Th
- vanilla extract - Bonus
- soy sauce - Th
- sriracha - Th
- white distilled vinegar or rice vinegar - Th
- toasted sesame oil - Th
- chow mein noodles (optional) - Th

OTHER

- chili toppings (such as sour cream, cilantro, avocado, cheese, tortilla chips) - M
- chips, veggies and dip, and/or fresh fruit to serve with turkey wraps - F
- french toast toppings (syrup, berries, whipped cream, etc) - Bonus

NOTES

- If your avocados ripen before Friday, place in fridge.
- Shortcut tip for Thursday's meal: Buy an 8 oz. bag of coleslaw mix instead of shredding your own cabbage. Buy a rotisserie chicken instead of grilling chicken. Update grocery list accordingly.