

# Rachel Cooks

## MEAL PLAN #32

MONDAY



### Tofu Sheet Pan Dinner with Peanut Sauce and Steamed Rice

- Try Instant Pot jasmine rice. It turns out well every time!

TUESDAY



### Parmesan & Almond Crusted Salmon with Sautéed Fresh Corn

- Double salmon recipe to serve four. Grocery list already reflects this change.
- Serve with a salad of your choice, if desired.

WEDNESDAY



### Sweet and Sour Shrimp Lettuce Wraps

- If desired, serve with rice or sweet potato wedges with Chinese 5 spice (add ingredients to grocery list if you decide to make the sweet potato wedges).

THURSDAY



### Instant Pot Honey Sriracha Chicken with Rice & Broccoli

- Cook 2 pounds of chicken (recipe calls for 1 ½ lbs) so you'll have enough to top the pizza tomorrow. There will be plenty of sauce for 2 pounds of chicken.

FRIDAY



### Sriracha Chicken Pizza

- Spread sriracha sauce (¼ cup) on pizza crust and 1 ½ cups leftover chicken on pizza crust, sprinkle with 2 cups shredded mozzarella cheese. Bake at 450°F for 10 to 12 minutes or until done. Garnish with sliced green onions.

BONUS



### Pizza Dough

- It's easy to make your own pizza dough. You can make it ahead and refrigerate or freeze it.
- The dough can be used to make cheesy bread, too! The recipe card has instructions.

NOTES

- If you prefer, cooked quinoa or cauliflower rice can be substituted for steamed rice.





## GROCERY LIST FOR MEAL PLAN #32

### 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 onion (1) - *M*
- yellow onion (1) - *W*
- green onions (1 bunch) - *W/F*
- garlic (6 cloves) - *M/W/Th*
- ginger root - *M/W*
- carrots (2) - *M*
- red bell pepper (2) - *M/W*
- broccoli florets (2 heads) - *M/Th*
- fresh corn (6 ears) - *Tu*
- bibb lettuce (8 large leaves) - *W*
- salad (optional) - *Tu*

#### DAIRY / REFRIGERATED

- unsalted butter (4 T) - *Tu*
- shredded parmesan cheese (½ c) - *Tu*
- shredded mozzarella cheese (2 c) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *W*
- garlic powder - *M/Tu*

#### PANTRY

- reduced-sodium soy sauce - *M/W/Th*
- cornstarch - *M/W/Th*
- creamy peanut butter (or other nut/seed butter) - *M*
- sweet chili sauce - *M*
- sriracha sauce - *W/Th/F*
- rice vinegar - *M/W/Th*
- toasted sesame oil - *M*
- sliced or slivered almonds (½ c) - *Tu*
- chopped cashews - *W*
- honey (¾ c) - *W/Th/Bonus*
- ketchup - *W*
- active dry yeast (2 packets or 4 ½ tsp) - *Bonus*
- all-purpose flour (4 c) - *Bonus*

#### BREAD / PASTA / GRAINS

- rice for serving - *M/W/Th*
- pizza crust (if making the bonus recipe) - *F*

#### MEAT / FISH / PROTEIN

- extra-firm tofu (14 oz) - *M*
- salmon fillets (4 fillets, 5-8 oz each) - *Tu*
- 1 lb peeled, deveined shrimp (50/60 count) - *W*
- boneless skinless chicken breasts (2 lb) - *Th*

#### CANNED GOODS

- 8 oz can pineapple tidbits in 100% juice (1) - *W*

#### OTHER

- additional toppings (see note) - *M/W/Th*

#### NOTES

- The tofu sheet pan dinner and the shrimp lettuce wraps can be garnished with chopped peanuts, roasted cashews, crispy rice noodles, or chow mein noodles. Choose what you like and use it for both meals. Add to grocery list.

