

Rachel Cooks

MEAL PLAN #33

MONDAY



Lentil Soup with Pasta

- Feel free to adapt the recipe, using fresh vegetables you may have on hand. Adjust the grocery list accordingly.
- This is a vegetarian soup. If desired, add ½ to 1 lb. browned ground beef or another meat of your choice. Adjust grocery list.

TUESDAY



Grilled Chicken Shawarma Drumsticks and Fattoush Salad

- You'll probably have a few drumsticks leftover. They are great for lunches or you can freeze the extra cooked drumsticks for a future meal.
- Save half of the salad for tomorrow's dinner. Store the dressing and pita crisps separately. Toss the salad right before serving.

WEDNESDAY



Grilled Salmon in Foil with Garlic Butter with Fattoush Salad

- Serve the salmon with the remaining fattoush salad.
- As an alternative, bake slow roasted salmon instead. You can use the same seasonings as the grilled salmon.

THURSDAY



Instant Pot Pasta with Sausage, Spinach, and Tomatoes

- This is an easy one pan meal, ready in just 30 minutes.

FRIDAY



Beef Nachos

- An easy meal for any day of the week, nachos are easy to customize. If you prefer, substitute ground turkey or a can of black beans, rinsed and drained well, for the ground beef.
- Make your own guacamole to serve with the nachos - see the bonus recipe!

BONUS



Homemade Guacamole

- To keep the guacamole from turning brown, place a piece of plastic wrap flat against the guacamole.

NOTES

- Serve Monday's soup with toasted pita wedges. You'll have plenty of pita bread for this meal and for the fattoush salad on Wednesday.
- Tuesday's meal is more labor-intensive; however, the salad is enough for 2 meals. Reserve half of the salad, dressing, and pita crisps, storing them in separate containers. Toss right before serving.





GROCERY LIST FOR MEAL PLAN #33

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 onions (4) - M/Th/F
- red onion (1) - Bonus
- green onions (1 bunch) - Tu
- garlic (9 cloves) - M/Tu/W/Th
- green bell pepper (1) - F
- jalapeño peppers (2) - M/Bonus
- carrots (3) - M
- celery (4 stalks) - M
- turnip (1) - M
- radishes (10-15) - Tu
- cherry tomatoes (3 c) - Tu
- english cucumber (1) - Tu
- avocados (3 large) - Bonus
- lemons (4) - Tu
- limes (2) - Bonus
- romaine lettuce (1 head) - Tu
- baby spinach (5 oz) - Th
- cilantro (1 bunch) - M/Tu/Bonus
- parsley (1 large bunch) - Tu/Th
- mint (1 small bunch) - Tu
- chives (2 T) - W

DAIRY / REFRIGERATED

- unsalted butter (4 T) - W
- shredded mozzarella cheese (1 c) - Th
- shredded cheddar cheese (1½ c) - F
- shredded Monterey Jack (1½ c) - F

BREAD / PASTA / GRAINS

- dried brown lentils (16 oz) - M
- ditalini pasta (¾ c uncooked) - M
- 6 pita bread rounds - M/Tu
- whole wheat penne pasta (12 oz) - Th

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M
- dried oregano - M/Th
- paprika - Tu
- turmeric - Tu
- ground cumin - Tu
- ground coriander - Tu
- cayenne - Tu
- ground sumac - Tu
- dried mint - Tu
- taco seasoning - F

PANTRY

- white wine vinegar - Tu

MEAT / FISH / PROTEIN

- 12 chicken drumsticks (4-5 lb) - Tu
- salmon fillet (1 ½ lb) - W
- Italian turkey sausage (16 oz) - W
- lean ground beef (1 lb) - F

CANNED GOODS

- 32 oz low-sodium vegetable broth - M
- 24 oz low-sodium chicken broth - Th
- 14.5 oz can diced tomatoes (1) - M
- 28 oz can diced tomatoes (1) - Th

OTHER

- tortilla chips (1-2 bags) - F/Bonus
- nacho toppings: cilantro, sour cream, salsa, diced tomatoes, pickled jalapeños - F

NOTES

- Sumac is a spice commonly used in Middle Eastern cuisine. It's a dark red powder with a smoky, earthy, slightly tangy flavor. Allergy note: Sumac is in the cashew family.
- If you prefer, buy fattoush salad dressing or substitute another vinaigrette of your choice.

