

Rachel Cooks

MEAL PLAN #34

MONDAY



Roasted Mushroom Risotto

- Serve the risotto with a salad of your choice for a satisfying vegetarian meal.
- This is a traditional risotto recipe which involves a fair amount of stirring. Plan on spending close to an hour in the kitchen.

TUESDAY



Slow Cooker Ribs and Corn Ribs

- Corn ribs can be made in the oven or your air fryer.
- Serve this meal with vinegar coleslaw (see bonus recipe).

WEDNESDAY



Caprese Couscous Stuffed Tomatoes & Breaded Pork Chops

- This recipe makes 6 stuffed tomatoes. To serve 4, either replace the 6 medium tomatoes with 4 large tomatoes or 8 small tomatoes (2 per person).
- The pork bakes at 425°F; the tomatoes bake at 400°F. In order to bake them at the same time, bake the tomatoes at 425°F for 20 minutes instead of 25 minutes.

THURSDAY



Chicken Lettuce Wraps

- If you prefer, replace the homemade dipping sauce with commercial sweet chili sauce. Update grocery list accordingly.

FRIDAY



Salmon Bites with Hot Honey

- Serve with vinegar coleslaw (bonus recipe) and warm rolls for a quick and easy meal.
- If you don't like spicy food, try these with plain honey or your favorite BBQ sauce.

BONUS



Vinegar Coleslaw

- Because this is a no-mayonnaise recipe, this coleslaw is perfect to bring to picnics or potlucks.
- This recipe makes a big batch of coleslaw. It's best if you make it a day ahead and it keeps well for up to a week. If you prefer, make a half batch.

NOTES

- If you have leftover risotto, it may become a bit dry. If needed, add a bit of extra broth or water to the risotto before reheating to help loosen it up.





GROCERY LIST FOR MEAL PLAN #34

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*
- green onions (1 bunch) - *Th/Bonus*
- garlic (4 cloves) - *M/Th*
- ginger root - *Th*
- 1 oz. pkg. dried chanterelle mushrooms (1) - *M*
- white mushrooms (24 oz) - *M/Th*
- sweet corn (2 ears) - *Tu*
- vine ripened tomatoes (6) - *W*
- matchstick carrots (1 ½ c) or large carrots (2) - *Bonus*
- thyme (1 tsp) - *M*
- parsley (½ c) - *M/W*
- basil (¼ c) - *W*
- cilantro (⅓ c) - *Th*
- coleslaw mix (4 c) - *Th*
- green cabbage (1 head) - *Bonus*
- red cabbage (2 c) - *Bonus*
- bibb, butter, romaine, or iceberg lettuce (1-2 heads) - *Th*
- salad for serving with risotto - *M*

DAIRY / REFRIGERATED

- unsalted butter (2 T) - *M*
- shredded Parmesan cheese (¾ c) - *M/W*
- grated Parmesan cheese (¼ c) - *W*
- fresh mozzarella pearls (¾ c) - *W*
- low-fat buttermilk (16 oz) - *W*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *Tu*
- garlic powder - *Tu/W/F*
- onion powder - *Tu*
- smoked paprika - *Tu*
- paprika - *F*
- dry mustard powder - *W*
- celery seed - *Bonus*

BREAD / PASTA / GRAINS

- Arborio rice (1 ¾ c) - *M*
- couscous (¾ c uncooked) - *W*
- rolls or bread for serving with salmon - *F*

PANTRY

- dry white wine (⅓ c) - *M*
- brown sugar - *Tu/F*
- honey - *Th*
- hot honey - *F*
- yellow mustard - *Tu*
- dijon mustard - *Bonus*
- bbq sauce (2 c) - *Tu*
- balsamic glaze - *W*
- panko breadcrumbs (1 ½ c) - *W*
- reduced sodium soy sauce - *Th*
- rice wine vinegar - *Th*
- apple cider vinegar - *Bonus*
- toasted sesame oil - *Th*
- Sriracha - *Th*

MEAT / FISH / PROTEIN

- baby back pork ribs (1 rack or about 3 lb) - *Tu*
- boneless pork chops (4, about 8 oz each) - *W*
- ground chicken breast or lean ground turkey (16 oz) - *Th*
- salmon fillet (12-20 oz) - *F*

CANNED GOODS

- vegetable broth (48 oz) - *M*
- sliced water chestnuts (8 oz) - *Th*

OTHER

- optional toppings for corn ribs (cilantro, cotija cheese, lime wedges) - *Tu*
- chopped peanuts or crispy wonton strips for lettuce wraps, optional - *Th*

NOTES

- If you buy a large head of cabbage, it will likely be enough for both the chicken lettuce wraps (*Th*) and the coleslaw (*Bonus*). In that case, you could remove the coleslaw mix from the grocery list.
- If you think you'll need more ribs for four people, buy two racks.

