

Rachel Cooks

MEAL PLAN #37

MONDAY



Air Fryer Falafel Sandwiches with Tzatziki

- Don't have an air fryer? The recipe card includes stovetop instructions, too.
- If you prefer a salad, serve the falafel and sauce on a bed of crisp lettuce.

TUESDAY



Mexican Spaghetti

- If you include a good selection of the optional garnishes, you won't need a side dish with the pasta.

WEDNESDAY



Walnut Crusted Salmon Sheet Pan Dinner

- Adjust the amount of salmon you purchase to your liking. The recipe is written for four 4 ounce servings. The topping can be spread more thinly if you purchase extra salmon.
- Dessert idea: Serve sliced apples with homemade apple dip (see bonus recipe).

THURSDAY



Roasted Bone-In Chicken Breasts with Mexican Rice

- Roast 2 extra chicken breasts for the BBQ chicken chopped salad tomorrow (the grocery list has been adjusted to reflect that).
- If you have extra toppings left over from the Mexican pasta, they'd be great on the Mexican rice, too.

FRIDAY



Southwestern BBQ Chicken Chopped Salad

- Make the salad using the 2 extra chicken breasts you roasted yesterday.
- Possible shortcuts: Substitute purchased BBQ ranch dressing for the homemade dressing. An 8 ounce package of coleslaw mix can be subbed in for the kohlrabi. Use canned corn instead of fresh corn.

BONUS



Apple Dip

- This easy-to-make dip can be served for dessert, snacks, or lunchbox treats. Just watch the apple slices disappear!
- Dip will keep in the refrigerator for at least 5 days.

NOTES

- Cooking quote of the week: "The most indispensable ingredient of all good home cooking: love for those you are cooking for." – Sophia Loren





GROCERY LIST FOR MEAL PLAN #37

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

- garlic (5 cloves) - M/Th
- shallots (6) - W
- sweet potato (1 large) - W
- yellow onion (3) - M/Tu/Th
- red onion (1) - F
- English or Persian cucumber (1) - M
- large bell pepper, any color (1) - Tu
- red bell pepper (1) - W
- Brussels sprouts (1 lb) - W
- kohlrabi (2 medium) - F
- corn (3 ears) - F
- grape or cherry tomatoes (2 c) - F
- avocado (1) - F
- leaf lettuce for sandwiches (1 large bunch) - M/F
- lemon (1) - M
- limes (2) - F
- apple (1 large, more if desired for bonus recipe) - W
- parsley (1 bunch) - M
- cilantro (1 bunch) - M/Tu/Th/F
- dill (1 small bunch) - M
- optional garnishes for Mexican spaghetti (avocado, tomato, green onion, etc) - Tu

MEAT / FISH / PROTEIN

- lean ground turkey or lean ground beef (1 lb) - Tu
- salmon (16 oz, more if desired) - W
- split chicken breasts, bone-in and skin-on (four, about 1 lb each) - Th/F

DAIRY / REFRIGERATED

- plain Greek yogurt (2 c) - M/F
- cheddar cheese (4 oz) - Tu
- reduced-fat cream cheese (8 oz) - Bonus

BREAD / PASTA / GRAINS

- pita bread for sandwiches (4) - M
- spaghetti (8 oz) - Tu
- long grain white rice (2 c) - Th

CANNED GOODS

- 15 oz can chickpeas (1) - M
- tomato paste (4 T) - Tu/Th
- 14.5 oz can petite diced tomatoes with green chiles (1) - Tu
- chicken or vegetable stock (32 oz) - Th

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground cumin - M/Tu/Th
- ground coriander - M (see note)
- cayenne powder - M
- chili powder - Tu/Th
- paprika - Tu/W
- dried oregano - Tu
- Mexican oregano - Th (see note)

PANTRY

- all-purpose flour - M/Tu
- baking soda - M
- chopped walnuts - W
- coarse ground mustard - W
- real maple syrup - W
- BBQ sauce - F
- brown sugar - F/Bonus
- granulated sugar - Bonus
- peanut butter - Bonus

OTHER

- crispy tortilla strips for garnishing salad - F
- chopped peanuts - Bonus

NOTES

- I often make a double batch of the falafel and freeze the extra for an easy meal in the future. If you choose to do this, be sure to buy two cans of chickpeas.
- If you can't find coriander, it can be omitted from falafel (M).
- If you can't find or don't want to purchase Mexican oregano, you may use regular dried oregano in the Mexican rice (Th).

