

# Rachel Cooks

## MEAL PLAN #35

MONDAY



### Crustless Quiche with Toasted English Muffins

- There are many ways you could vary this recipe. If you don't care for one of the ingredients, feel free to replace it with something else. See the recipe card for suggestions.
- Serve the quiche with toasted English muffins.

TUESDAY



### Slow Cooker Moroccan Chicken Thighs with Couscous

- Serve the chicken thighs with Moroccan or golden couscous, a small pasta which cooks very quickly.
- This makes 4 servings, with 2 chicken thighs each, or 8 servings with 1 chicken thigh each. If you have leftovers, reheat for a great lunch or another easy dinner.

WEDNESDAY



### Grilled Shrimp Kabobs With Pineapple

- Make a fabulous and easy dessert with the remainder of the pineapple. Grilled pineapple with ice cream and caramel sauce is easy to make, especially since you already have the grill going. Ingredients are already on grocery list.
- Serve the shrimp kabobs with a fresh salad and/or steamed rice.

THURSDAY



### Bean and Bacon Soup

- Fry up the whole package of bacon. Reserve 4 slices (fried and crumbled) for the flatbreads tomorrow.
- Serve the soup with your choice of crackers or bread. If you like, the extra carrots and celery can be cut to serve alongside the soup.

FRIDAY



### Ricotta Flatbread With Bacon, Squash, & Maple Pepitas

- If you make caramelized onions (bonus recipe), they are great on these flatbread pizzas. Use them as a replacement for another ingredient, or as an addition.
- If you have leftover mozzarella and feta cheese from the crustless quiche, you could add them to the flatbread pizzas.

BONUS



### Caramelized Onions

- Caramelized onions add such great flavor to so many dishes. Try them in the quiche or on the flatbread pizzas. Use them as a topping for burgers or other grilled meats. Add them to charcuterie boards with crackers or crisp crostini.
- Caramelized onions keep in the fridge for 5 days or in the freezer for 4 months.

NOTES

- Cooking quote for the week: "Always start out with a larger pot than what you think you need." – Julia Child





## GROCERY LIST FOR MEAL PLAN #35

### 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 medium) - *Th*
- sweet onions (6 large) - *Bonus*
- garlic (7 cloves) - *Tu/W/Th*
- ginger root - *W*
- baby spinach (5 oz) - *M*
- 2-3 lb butternut squash (2) - *Tu/F*
- carrots (2) - *Th*
- celery (2 stalks) - *Th*
- baby bella mushrooms (8 oz) - *F*
- fresh pineapple (1) - *W*
- apples (2) - *F*
- cilantro - *W*
- salad for serving with shrimp - *W*

#### DAIRY / REFRIGERATED

- butter (2 T) - *Bonus*
- eggs (8) - *M*
- whole milk (8 oz) - *M*
- shredded mozzarella cheese (¾ c) - *M*
- crumbled feta cheese (¾ c) - *M*
- part-skim ricotta cheese (1 c) - *F*
- ice cream (to serve with grilled pineapple) - *W*

#### BREAD / PASTA / GRAINS

- English muffins (4) - *M*
- couscous for serving with chicken - *Tu*
- rice for serving with shrimp - *W*
- crackers or bread for serving with soup - *Th*
- flatbreads (4) - *F*

#### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *W*
- nutmeg - *M/F*
- ground cinnamon - *Tu*
- ground cumin - *Tu*
- ground cardamom - *Tu*
- ground turmeric - *Tu*
- cayenne pepper - *Tu/F*
- red pepper flakes - *W*
- bay leaves - *Th*
- dried thyme - *Th*
- ground sage - *F*

#### PANTRY

- dijon mustard - *M*
- honey - *W*
- maple syrup - *F*
- low-sodium soy sauce - *W*
- rice vinegar - *W*
- balsamic vinegar - *Bonus*
- sun dried tomatoes (3 oz) - *M*
- golden raisins (1 c) - *Tu*
- toasted sesame seeds - *W*
- raw pepitas - *F*

#### MEAT / FISH / PROTEIN

- 8 bone-in chicken thighs (about 5 lb) - *Tu*
- large or jumbo shrimp, peeled and deveined (1 lb) - *W*
- thick cut bacon (8 oz) - *Th/F*

#### CANNED GOODS

- low sodium chicken broth (40 oz) - *Tu/Th*
- tomato paste (2 T) - *Th*
- 15 oz can great northern beans (3) - *Th*

#### OTHER

- caramel sauce (to serve with grilled pineapple) - *W*

#### NOTES

- If you want to switch up the ingredients in the quiche (recipe calls for sun dried tomatoes, caramelized onions, spinach, mozzarella, and feta), update grocery list accordingly.

