

Rachel Cooks

MEAL PLAN #36

MONDAY



Instant Pot Cauliflower Potato Soup

- Omit bacon if you prefer a meatless Monday dinner. If desired, add ½ to 1 teaspoon of smoked paprika to give the soup a smoky flavor without bacon.
- The soup can be prepared on the stovetop if you don't have an Instant Pot.
- Serve with a salad or bread of your choice. Add to grocery list.

TUESDAY



Pork Tenderloin with Apples and Onions

- Serve with roasted potatoes or roasted sweet potatoes and roasted broccoli. If you buy a bag of Yukon Gold potatoes for Monday's soup, use the extra potatoes for this meal.

WEDNESDAY



White Wine Chicken with Mushrooms, Bacon and Leeks

- Serve with pasta or noodles.

THURSDAY



Stuffed Acorn Squash (Farro, Sausage, & Apples)

- Makes 6 servings (½ stuffed squash each). Extra stuffed squash can be frozen for up to 1 month or you can enjoy it for lunch tomorrow!
- Any type of winter squash can be substituted. Pick your favorite!

FRIDAY



Air Fryer Hamburgers (or Grilled Hamburgers)

- If you have extra bacon, serve the burgers topped with bacon, a slice of cheddar cheese, lettuce, tomato, and my "special sauce" (see bonus recipe).
- Serve with French fries or potato chips, if desired.

BONUS



French Fry Dipping Sauce

- Not just for French fries, this sauce is amazing on burgers or any type of sandwich. It's great with sweet potato fries or drizzled on roasted vegetables, too.
- Refrigerate for up to one week.

NOTES

- Cooking quote of the week: "Cooking is love made visible." – Unknown





GROCERY LIST FOR MEAL PLAN #36

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 (3) - *M/Tu/Th*
- leek (1 large) - *W*
- Yukon gold potatoes (3 large) - *M*
- potatoes or sweet potatoes for roasting - *Tu*
- broccoli for serving with pork - *Tu*
- white mushrooms (8 oz) - *W*
- celery (2 stalks) - *Th*
- acorn squash (3) - *Th*
- green onions or parsley to garnish soup, optional - *M*
- apples (3 large) - *Tu/Th*

DAIRY / REFRIGERATED

- unsalted butter (2 T) - *Tu*
- 2% milk (8 oz) - *M*
- heavy cream (8 oz) - *W*
- shredded cheddar cheese (2 c) - *M/Th*
- shredded Parmesan cheese (¼ c) - *W*
- sliced cheese for burgers - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - *M/Th/F*
- dried thyme - *Tu*
- dried sage - *Th*
- onion powder - *F*

BREAD / PASTA / GRAINS

- rice for serving with pork - *Tu*
- pasta, noodles, or couscous for serving with chicken - *W*
- farro (2 cups cooked) - *Th*
- burger buns (4) - *F*

PANTRY

- apple cider vinegar - *Tu/Bonus*
- dried cherries or dried cranberries (½ c) - *Th*
- Worcestershire sauce - *F*
- ketchup - *Bonus*
- mayonnaise - *Bonus*
- dill pickle relish - *Bonus*
- yellow mustard - *Bonus*
- hot sauce - *Bonus*

MEAT / FISH / PROTEIN

- bacon (7 strips) - *M/W*
- pork tenderloin (1 ½ lb) - *Tu*
- boneless skinless chicken breasts (20 oz) - *W*
- ground turkey sausage (16 oz) - *Th*
- lean ground beef (16 oz) - *F*

CANNED GOODS

- low-sodium chicken broth (16 oz) - *M*

OTHER

- frozen cauliflower (16 oz) - *M*
- salad or bread to serve with soup - *M*
- dry white wine (4 oz) - *W*
- toppings for burgers - *F*
- fries or potato chips for serving with burgers - *F*

NOTES

- If desired, you can use fresh cauliflower instead of frozen for the soup (*M*).

