

Rachel Cooks

MEAL PLAN #39

MONDAY



Mushroom Tacos

- These tacos are perfect for a meatless main dish.
- Looking for sides? Try [Instant Pot refried beans](#), [Mexican rice](#), and /or tortilla chips. Don't forget to add ingredients to grocery list!

TUESDAY



Chicken Tortilla Soup

- You'll likely have corn tortillas, cilantro, cotija cheese, limes, and other toppings left over from the mushroom tacos.

WEDNESDAY



Rasta Pasta

- If you want, substitute chicken tenders or boneless skinless chicken thighs. Adjust grocery list.
- Serve with a bagged salad for an easy side.

THURSDAY



Salmon with Tomatoes & Fennel

- If you don't care for capers, substitute sliced olives (green, black, or kalamata).
- This easy sheet pan meal is delicious served with warm bread or rolls.

FRIDAY



Pizza Stuffed Spaghetti Squash

- Look for two smaller sized spaghetti squash to make 4 servings. You'll also want to double the rest of the ingredients - the grocery list has been updated.
- This meal comes together quickly. The squash has to bake awhile but it's hands off. Once the squash is baked, it only takes 10 minutes to stuff it and broil it.

BONUS



Cream Cheese Filled Brownies

- Everyone needs a fancy brownie recipe in their back pocket. This recipe starts with a brownie mix and is jazzed up with a luxurious cream cheese filling.
- Not into cream cheese? Try [mocha brownies](#), [kahlua brownies](#), or healthier [black bean brownies](#).

NOTES

- Cooking quote for the week: "This is my invariable advice to people: Learn how to cook – try new recipes, learn from your mistakes, be fearless and above all have fun!" – Julia Child





GROCERY LIST FOR MEAL PLAN #39

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 (3) - M/Tu/W
- shallots (3) - Th
- garlic (7 cloves) - M/Tu/W/Th
- jalapeño peppers (3) - M/Tu
- red bell pepper (1) - W
- green bell pepper (1) - W
- yellow bell pepper (1) - W
- portobello mushrooms (4) - M
- grape tomatoes (3 c) - Th
- fennel bulb (1 medium) - Th
- spaghetti squash (2) - F
- red cabbage (½ c) - M
- baby spinach (8 c) - F
- cilantro (1 bunch) - M/Tu
- dill (2 tsp) - Th
- limes (2) - M/Tu
- lemon (1) - Th
- bagged salad to serve with pasta - W

DAIRY / REFRIGERATED

- cotija cheese (½ c) - M
- heavy cream (⅓ c) - W
- shredded parmesan (¾ c) - W
- shredded mozzarella cheese (2 c) - F
- eggs (3) - Bonus
- reduced fat cream cheese (8 oz) - Bonus
- unsalted butter (2 T) - Bonus

BREAD / PASTA / GRAINS

- corn tortillas (14) - M/Tu
- ziti pasta (8 oz) - W (see note)
- bread or rolls for serving with salmon - Th

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M/Tu
- ground cumin - M/Tu
- paprika - M
- smoked paprika - M/Tu
- jerk seasoning - W
- red pepper flakes - W

PANTRY

- capers (2 T) - Th
- Dijon mustard - Th
- pizza sauce (1 c) - F
- brownie mix (18.3 oz) - Bonus
- vegetable oil (½ c) - Bonus
- mini semi-sweet chocolate chips (1 c) - Bonus
- espresso powder (optional) - Bonus
- granulated sugar - Bonus
- all-purpose flour - Bonus
- vanilla extract - Bonus

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (2 ½ lb) - Tu/W
- salmon (1 ½ lb) - Th

CANNED GOODS

- 14.5 oz can diced tomatoes (2) - Tu
- 15 oz can black beans (2) - Tu
- chicken broth (56 oz) - Tu/W

OTHER

- additional taco and soup toppings such as: pico de gallo, avocado or guacamole, sour cream, pickled red onions, squeeze of fresh lime juice - M/Tu
- frozen corn (1 c) - Tu
- pizza toppings (mushrooms, pepperoni, etc) - F

NOTES

- If you happen to have a couple of squash-haters in your family, buy a pizza crust, and top it with sauce, cheese, and desired toppings (F).
- If you can't find ziti pasta, farfalle, rotini, or penne will also work (W).

