

Rachel Cooks

MEAL PLAN #40

MONDAY



Vegetarian Curry with Cauliflower and Chickpeas

- The ingredient list may look long, but many ingredients are pantry items, including the spices. It's easy to prepare and it has fabulous flavor.
- If you'd like to add more protein, try air fryer tofu or all purpose baked tofu. Cooked chicken or shrimp could be added, too. Adjust the grocery list accordingly.

TUESDAY



Shrimp Tacos with Mango Avocado Salsa

- The tortilla taco boats are fun but feel free to substitute flour tortillas.
- Serve the tacos with tortilla chips. You'll have plenty of extra salsa!

WEDNESDAY



Chicken Stroganoff with Noodles

- Add a simple salad or cooked vegetable to complete this meal.

THURSDAY



Steak Sheet Pan Dinner

- Feel free to substitute another vegetable if asparagus isn't in season. Try green beans, broccoli, Brussels sprouts, or cauliflower. Update grocery list accordingly.

FRIDAY



Sheet Pan Egg Sandwiches

- Breakfast for dinner! These egg sandwiches are fun and easy to make. Take a look in your refrigerator for add-ins. They can be served on any type of bread or bun. Top them with a slice of cheese and a sausage patty, if desired.

BONUS



Pumpkin Dip

- This dip is so easy to make. It's perfect for fall get-togethers, after school snacks, or a fun dessert.
- Serve it with your choice of dippers: sliced apples, animal crackers, graham crackers, gingersnaps, pretzels.

NOTES

- Cooking quote of the week: "Advice is like cooking. You should try it before you feed it to others." — Croft M. Pentz





GROCERY LIST FOR MEAL PLAN #40

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

- large onion (2) - *M/W*
- red onion (1) - *Tu*
- garlic (9 cloves) - *M/Th*
- ginger root (1) - *M*
- sweet potato (2) - *M*
- baby potatoes (1 ½ lb) - *Th*
- jalapeño pepper (1) - *Tu*
- cauliflower (½ head) - *M*
- zucchini (12 oz) - *M*
- white mushrooms (16 oz) - *W*
- asparagus (1 lb) - *Th*
- cherry tomatoes (1 pint) - *Th*
- red cabbage or lettuce - *Tu*
- cilantro (1 bunch) - *M/Tu*
- parsley (1 small bunch) - *W*
- thyme (2-3 sprigs) - *Th*
- rosemary (2-3 sprigs) - *Th*
- avocado (1 large) - *Tu*
- limes (3) - *M/Tu*
- mango (1) - *Tu*
- pineapple (1 c) - *Tu*
- salad or vegetable to serve with stroganoff (optional) - *W*

DAIRY / REFRIGERATED

- full-fat sour cream (½ c) - *W*
- shredded parmesan cheese (½ c) - *Th*
- eggs (12) - *F*
- whole or 2% milk (4 oz) - *F*
- block cream cheese (8 oz) - *Bonus*
- plain Greek yogurt (½ c) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garam masala - *M*
- ground coriander - *M*
- ground turmeric - *M*
- paprika - *M*
- red pepper flakes - *M*
- chili powder - *Tu*
- ground cumin - *Tu*
- garlic powder - *Tu*
- dried thyme - *W*
- pumpkin pie spice - *Bonus*

BREAD / PASTA / GRAINS

- rice for serving with curry - *M*
- tortillas for tacos - *Tu*
- egg noodles (12 oz) - *W*
- english muffins or bread - *F*

PANTRY

- all-purpose flour - *W*
- dry white wine (½ c) - *W*
- dijon mustard - *W*
- vanilla extract - *Bonus*
- powdered sugar - *Bonus*

MEAT / FISH / PROTEIN

- 16 oz large shrimp (21/30 size), peeled, deveined, tail removed - *Tu*
- boneless skinless chicken breasts (1 ½ lb) - *W*
- top sirloin steak (2 lb) - *Th*

CANNED GOODS

- tomato paste (2 T) - *M*
- 16 oz can chickpeas (1) - *M*
- low-sodium vegetable broth (8 oz) - *M*
- low-sodium chicken broth (8 oz) - *W*
- 15 oz can coconut milk (1) - *M*
- pumpkin puree (1 c) - *Bonus*

OTHER

- frozen peas (1 c) - *M*
- tortilla chips - *Tu*
- optional mix-ins for eggs: bacon, ham, sausage, shredded cheese, green onions (1 ½ c total) - *F*
- pumpkin dip dippers (apples, animal crackers, graham crackers, gingersnaps, pretzels) - *Bonus*

NOTES

- If you'd like to add protein to the curry, add tofu, chicken, or shrimp to the grocery list.
- If you prefer, dried thyme and rosemary can be substituted for the fresh herbs in the sheet pan dinner (*Th*). Use less, 1 teaspoon instead of 1 tablespoon.

