

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 <u>air fryer tofu</u> or <u>all purpose baked tofu</u>.

 Cooked chicken or shrimp could be added, too. Adjust the grocery list accordingly.

FUESDAY



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.

HURSDAY



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



Rachel Cooks **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

MEAT / FISH / PROTEIN

boneless skinless chicken breasts (1

16 oz large shrimp (21/30 size),

• top sirloin steak (2 lb) - Th

DAIRY / REFRIGERATED

- full-fat sour cream (½ c) W
- shredded parmesan cheese (½ c) -
- 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

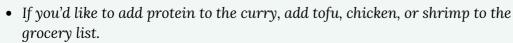
- all-purpose flour W
- dry white wine (½ c) W
- dijon mustard W
- vanilla extract Bonus
- powdered sugar Bonus

CANNED GOODS

- tomato paste (2 T) M
- 16 oz can chickpeas (1) M
- low-sodium vegetable broth (8 oz)
- peeled, deveined, tail removed Tu • 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



• 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.



½ lb) - W