

Rachel Cooks

MEAL PLAN #47

MONDAY



Roasted Cauliflower Salad with Arugula & Sweet Potato

- Add 1 cup cooked quinoa to make this recipe a main course vegetarian salad. Cheese, nuts, or seeds can also be added for more protein. Quinoa has been added to the grocery list, other additions have not.

TUESDAY



Whole Chicken In the Crockpot

- If you prefer, cook just the chicken in the crockpot; add sides of your choice.
- Crockpot chicken has to be cooked on High for 1 hour; leave it on High for 3 additional hours or turn the setting to Low and continue to cook for 6 to 7 hours. Choose which method works best for your schedule.

WEDNESDAY



Instant Pot Bolognese with Spaghetti

- If you don't have an Instant Pot, this recipe can easily be cooked on the stove. Allow extra time for simmering the sauce.

THURSDAY



Ham & Cheese Sliders

- Serve with carrot and celery sticks.
- This recipe makes 12 sliders. You can freeze the extra (before baking) if desired for a later meal.
- Baked sliders are perfect for get-togethers.

FRIDAY



Sheet Pan Shrimp Fajitas

- If you prefer chicken, try my [sheet pan chicken fajitas](#). Update grocery list accordingly.

BONUS



Rolo Pretzels Recipe (easy dessert)

- These little gems are so easy to make, perfect for a last minute dessert or snack.

NOTES

- Cooking Quote of the Week: "Usually, one's cooking is better than one thinks it is." – Julia Child



GROCERY LIST FOR MEAL PLAN #47

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

- small yellow onion (1) - Tu
- large onion (2) - Tu/W
- red onion (1) - F
- shallots (2) - M
- garlic (9 cloves) - Tu/W
- sweet potatoes (2) - M
- red potatoes (4) - Tu
- cauliflower (1 small head) - M
- carrots (10) - Tu/W/Th
- celery (1 bunch) - W/Th
- bell peppers (3) - F
- baby arugula (5 oz) - M
- pomegranate seeds (¼ cup) - M
- lemon (1) - Tu
- oregano (3 sprigs) - W (see note)
- basil (6 leaves) - W (see note)
- fresh parsley (small bunch) - W

DAIRY / REFRIGERATED

- unsalted butter (10 T) - Tu/Th
- shredded parmesan cheese (optional) - W
- sliced deli ham (12 oz) - Th
- sliced Swiss cheese (12 oz) - Th

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - Tu/Th
- onion powder - Tu
- paprika - Tu
- dried thyme - Tu
- dried rosemary - Tu
- bay leaves - W
- poppy seeds - Th
- dried minced onion - Th
- fajita seasoning - F

BREAD / PASTA / GRAINS

- quinoa (⅓ cup dry, 1 cup cooked) - M
- spaghetti (12 oz) - W
- Hawaiian slider rolls (12 oz package) - Th
- corn or flour tortillas for fajitas (8) - F

PANTRY

- champagne vinegar - M (see note)
- pomegranate molasses - M (see note)
- honey - Th
- Dijon mustard - M/Th
- mayonnaise - Th
- all-purpose flour - Tu
- anchovy paste - W
- red wine (¼ c) - W
- Worcestershire sauce - Th

MEAT / FISH / PROTEIN

- whole chicken (4-5 lb) - Tu
- ground beef (1 lb) - W
- raw medium shrimp, peeled, deveined, tail-off (1 lb) - F

CANNED GOODS

- low-sodium chicken broth (4 oz) - Tu
- 28 oz can crushed tomatoes (1) - W
- tomato paste (2 T) - W

OTHER

- fajita toppings of choice (lettuce, tomato, salsa, avocado, sour cream, etc) - F
- Rolos candies (7.6 oz bag) - Bonus
- Waffle style pretzels (1 bag) - Bonus
- pecan halves or M&Ms - Bonus

NOTES

- Substitute white wine vinegar or sherry vinegar for the champagne vinegar, if desired (M). Honey, maple syrup, or balsamic glaze can be substituted for pomegranate molasses. Try spinach or baby kale if you're not a fan of arugula.
- If desired, use dried oregano and basil for the bolognese. The general rule is to use a third of the amount of fresh herbs called for.