

Rachel Cooks

MEAL PLAN #49

MONDAY



Chicken Corn Chowder

- Serve with oyster crackers or bread, if desired.

TUESDAY



Pork Chops with Balsamic Caramelized Onions

- Serve with mashed potatoes and steamed broccoli, or other sides of your choice. Be sure to add your choices to the grocery list.

WEDNESDAY



Pasta Amatriciana (one pan!)

- This recipe makes 8 servings. If you have extra, it can be refrigerated or frozen for an easy meal in the future.
- Serve with salad of your choice. We like this simple arugula salad; a Caesar salad goes well, too.

THURSDAY



Salmon with Maple Mustard Glaze & Roasted Green Beans

- The recipe allows for four 8 oz. servings of salmon; feel free to adjust the amount of salmon to your preference.

FRIDAY



BBQ Chicken Nachos

- A rotisserie chicken works well. If you have time, make Instant Pot shredded chicken. It can be made ahead and refrigerated/frozen for whenever you need it.
- Try making your own BBQ sauce.

BONUS



Spinach Dip (from scratch or with seasoning mix)

- If you're looking for an easy popular appetizer, this is it! Serve with crackers of your choice. Another option is to hollow out a round loaf of bread, reserving the bread, fill the cavity with dip, and serve the reserved bread with the dip.

NOTES

- Shortcut for spinach dip: Replace the dry onion flakes, salt, parsley, thyme, celery seed, pepper, and garlic powder with 1 packet (1.4 oz) Knorr Vegetable Recipe Mix. Update grocery list accordingly.
- Cooking Quote of the Week: "Cooking is the art of turning edible ingredients into love on a plate." — Alton Brown





GROCERY LIST FOR MEAL PLAN #49

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 (1) - *M*
- sweet onions (2 large) - *Tu*
- green onions (2) - *Bonus*
- red onion (1) - *W*
- garlic (2 cloves) - *Tu*
- red bell pepper (1) - *M*
- poblano pepper (1) - *M*
- celery (2 stalks) - *M*
- carrot (1) - *Bonus*
- green beans (1 lb) - *Th*
- cilantro (1 bunch) - *M*
- parsley (small bunch) - *W*
- basil (¼ c) - *W*
- salad for serving with pasta - *W*

DAIRY / REFRIGERATED

- 2% milk (12 oz) - *M*
- grated or shredded Parmesan cheese (2 T or more) - *W/Th*
- shredded Cheddar or Monterey Jack cheese (3+ cups) - *F*
- plain Greek yogurt or sour cream (12 oz) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - *M/Bonus*
- dried thyme - *Tu/Bonus*
- dried oregano - *W*
- dried basil - *Th*
- paprika - *Th*
- dry onion flakes - *Bonus*
- dried parsley - *Bonus*
- celery seed - *Bonus*

BREAD / PASTA / GRAINS

- oyster crackers or bread (optional) - *M*
- pasta such as penne (16 oz) - *W*
- crackers or bread to serve with spinach dip - *Bonus*

PANTRY

- all-purpose flour - *M*
- balsamic vinegar - *Tu*
- Dijon mustard - *Tu/Th*
- dry white wine - *W*
- real maple syrup - *W*
- BBQ sauce (½ c) - *F*
- mayonnaise (¾ c) - *Bonus*

MEAT / FISH / PROTEIN

- bacon (6 strips) - *M*
- boneless skinless chicken breasts (1 lb) - *M*
- boneless pork chops (four, 1 ½ pounds total, ¾ - 1 inch thick) - *Tu*
- pancetta (5 oz) - *W (see note)*
- salmon (2 lb) - *Th*
- cooked chicken breasts or rotisserie chicken (2 c) - *F*

CANNED GOODS

- low-sodium chicken broth (32 oz) - *M/Tu/W*
- 28 oz can crushed tomatoes (1) - *W*
- 14.5 oz can fire roasted diced tomatoes (1) - *W*
- 15 oz can corn (1) - *F*
- 15 oz can black beans (1) - *F*
- 8 oz can sliced water chestnuts (1) - *Bonus*

OTHER

- frozen corn (3 c) - *M*
- frozen spinach (12 oz) - *Bonus*
- mashed potatoes and steamed broccoli, or other sides of your choice - *Tu*
- tortilla chips (8-10 oz) - *F*
- fresh cilantro, red onions (or pickled red onions), guacamole, additional BBQ sauce, sour cream, sliced or pickled jalapeño peppers for nachos - *F*

NOTES

- If you don't want to buy bacon and pancetta, the pasta amatriciana can be made with bacon instead of pancetta (*W*).

