

Rachel Cooks

MEAL PLAN #54

MONDAY



Spinach Quiche with Cornmeal Crust

- If desired, substitute a different vegetable for the spinach, or add ham, bacon, or crumbled sausage. Adjust the grocery list accordingly.

TUESDAY



Easy Chicken Alfredo with Broccoli

- If you prefer, regular (not whole wheat) rotini can be substituted, or another type of pasta.
- You may also use a different vegetable if you'd like. Update grocery list accordingly.

WEDNESDAY



Air Fryer Salmon with Fried Rice

- Salmon recipe is written for 3 servings, I've adjusted the grocery list to make it 4 servings (with 1 extra salmon fillet).
- If you don't have an air fryer, look at my list of [15 salmon recipes](#) to choose another recipe.

THURSDAY



Crockpot Goulash

- Makes 8 servings. It's excellent reheated for lunch the next day or you can freeze it for a future meal.
- The goulash can easily be made on the stove, if you prefer. See my recipe for [American goulash](#).

FRIDAY



Turkey Wrap with Sweet Potato Fries (Air Fryer)

- Double the sweet potato fries recipe. I've adjusted the grocery list accordingly.
- Try serving with [French fry dipping sauce](#). It's easy to make!
- If you want to skip the fries, serve with chips and/or pretzels you purchased for the cookies.

BONUS



Kitchen Sink Cookies

- Feel free to make substitutions in this recipe for the chocolate chips, pretzels, potato chips, and toffee bits. These cookies can be made with odds and ends you may happen to have left over in your pantry (M&Ms, nuts, seeds, coconut, raisins, dried cranberries, etc.).

NOTES

- Cooking Quote of the Week: "However amazing a dish looks, it is always the taste that lingers in your memory. Family and friends will appreciate a meal that tastes superb – even if you've brought the pan to the table."
– Gordon Ramsay





GROCERY LIST FOR MEAL PLAN #54

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

- onions (2) - W/Th
- green onions (1 bunch) - W
- garlic (7 cloves, or about 1 head) - Tu/W/Th
- ginger root (1 small) - W
- sweet potatoes (12 oz, about 2) - F
- broccoli (3 c florets) - Tu
- green bell pepper (1) - Th
- cucumber (1) - F
- avocado (2) - F
- baby spinach (10 oz) - M
- lettuce of choice for wraps - F
- flat leaf parsley (1 bunch) - Tu/Th

DAIRY / REFRIGERATED

- unsalted butter (4 sticks or 2 c) - M/Tu/Bonus
- shredded Swiss cheese (8 oz) - M
- eggs (7) - M/W/Bonus
- whole or 2% milk (24 oz) - M/Tu
- heavy cream (4 oz) - Tu
- grated Parmesan cheese (¾ c) - Tu
- shredded cheddar cheese (1 c) - Th
- chive and onion cream cheese spread (½ c) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground nutmeg - M
- paprika - W/Th
- Italian seasoning - Th
- dried oregano - Th
- garlic powder - Th
- onion powder - Th
- bay leaf - Th

PANTRY

- cornmeal (½ c) - M
- all-purpose flour - M/Bonus
- honey - W
- dijon mustard - W
- reduced-sodium soy sauce - W
- toasted sesame oil - W
- Worcestershire sauce - Th
- brown sugar - Bonus
- granulated sugar - Bonus
- pure vanilla extract - Bonus
- baking soda - Bonus
- flaky sea salt (optional) - Bonus

BREAD / PASTA / GRAINS

- whole wheat rotini or other short pasta (12 oz) - Tu
- white rice (1 c uncooked or 3 c cooked) - W
- elbow macaroni (12 oz) - Th
- whole wheat tortillas (4) - F

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts (1 lb) - Tu
- 6 oz salmon fillets (4) - W
- ground beef or ground turkey (2 lb) - Th
- deli turkey (12 slices) - F

CANNED GOODS

- low-sodium chicken broth (16 oz) - Tu
- beef broth (16 oz) - Th
- 14.5 oz can diced tomatoes (2) - Th
- 28 or 29 oz can tomato sauce (1) - Th

OTHER

- frozen peas and carrots (1 c) - W
- chocolate chips (1 ½ c, variety of choice) - Bonus
- pretzels (½ c) - Bonus
- potato chips (½ c) - Bonus
- toffee bits (½ c) - Bonus

NOTES

- The wrap is very versatile (F). Substitute different deli meat and vegetables, if you prefer (update list accordingly). It can also be grilled if you'd like a hot sandwich.

