

Rachel Cooks

MEAL PLAN #57

MONDAY



Pumpkin Curry Soup with Whole Wheat Cornbread

- If you don't have whole wheat flour, all-purpose flour can be substituted in the cornbread.
- This is a very easy soup to make and can be made in less than 30 minutes!

TUESDAY



Chicken Enchiladas Verde

- Rotisserie chicken or frozen cooked chicken work well for this recipe. If you want to cook the chicken yourself, try Instant Pot shredded chicken or poached chicken

WEDNESDAY



Crockpot Goulash

- This makes a big batch (8 generous servings). It freezes well for a future dinner.
- If you don't want to use a crockpot, make goulash on the stove.

THURSDAY



BBQ Salmon with Oven Roasted Sweet Potatoes

- The roasted sweet potatoes can go in the oven first at 425°F and roast for 30 minutes. Turn the oven down to 400°F when you put the salmon in and continue to roast the sweet potatoes at the same time.
- Serve this meal with a bagged salad of your choice, if desired.

FRIDAY



Air Fryer Bagel Bites

- Double or triple the recipe, depending on how many servings you want.
- Toppings can be customized. Try green or black olives, cooked ham, cooked bacon, cooked sausage, finely diced bell peppers, thinly sliced red onion, etc.
- If you prefer, the bagel bites can be baked in the oven.

BONUS



Vinegar Coleslaw

- This coleslaw is made without mayonnaise, makes a big batch, and keeps well in the refrigerator. It will go well with most of the dinners in this week's Meal Plan.
- If you prefer a creamy coleslaw, try my healthy coleslaw recipe or creamy coleslaw recipe.

NOTES

- Cooking Quote of the Week: "Believe you can and you're halfway there."
– Theodore Roosevelt



GROCERY LIST FOR MEAL PLAN #57

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 (2) - *M/Tu/W*
- green onions (3) - *Bonus*
- large sweet potatoes (3) - *Th*
- garlic (4 cloves) - *M/W*
- celery (2 stalks) - *M*
- green bell pepper (1) - *W*
- green cabbage (½ head) - *Bonus (see note)*
- red cabbage (2 c shredded) - *Bonus (see note)*
- carrots (2 large) - *Bonus (see note)*
- cilantro (1 bunch) - *Tu*
- parsley (optional) - *W*
- bagged salad or vegetable to serve with salmon and sweet potatoes (optional) - *Th*

DAIRY / REFRIGERATED

- full-fat plain Greek yogurt (8 oz) - *M*
- milk (8 oz) - *M*
- egg whites (2) or egg (1) - *M*
- shredded Monterey Jack cheese (16 oz) - *Tu*
- shredded cheddar cheese (1 c, optional) - *W*
- shredded mozzarella cheese (1-2 c) - *T*
- sour cream for topping enchiladas - *Tu*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *M*
- curry powder - *M*
- paprika - *W*
- Italian seasoning - *W*
- dried oregano - *W*
- garlic powder - *W/Th*
- onion powder - *W/Th*
- bay leaf - *W*
- chipotle chili powder - *Th*
- celery seed - *Bonus*

BREAD / PASTA / GRAINS

- 7-8 inch flour tortillas (8) - *Tu*
- 12 oz uncooked elbow macaroni - *W*
- mini bagels (as many as you'd like) - *F*

PANTRY

- honey - *M/Bonus*
- real maple syrup - *M*
- whole wheat flour (1 ¼ c) - *M*
- cornmeal (¾ c) - *M*
- baking powder - *M*
- Worcestershire sauce - *W*
- brown sugar - *Th*
- BBQ sauce - *Th*
- apple cider vinegar - *Bonus*
- grainy Dijon mustard - *Bonus*

MEAT / FISH / PROTEIN

- shredded cooked chicken (3 c) - *Tu*
- ground beef or ground turkey (2 lb) - *W*
- 4-6 oz salmon fillets (4) - *Th*
- sliced pepperoni and/or other pizza toppings - *F*

CANNED GOODS

- low-sodium chicken or vegetable broth (24 oz) - *M*
- beef broth (16 oz) - *W*
- 15 oz can pure pumpkin puree (1) - *M*
- salsa verde (16 oz) - *Tu*
- 14.5 oz cans diced tomatoes (2) - *W*
- 28 or 29 oz can tomato sauce (1) - *W*
- pizza sauce (about 1 c) - *F*

OTHER

- shelled pumpkin seeds for soup garnish (optional) - *M*

NOTES

- If you prefer, substitute two 16 oz. bags of coleslaw mix for the shredded green cabbage, red cabbage, and carrots (*Bonus*).
- If desired, purchase more enchilada toppings. Pickled jalapeño, avocado, and pico de gallo are all great choices.