

Rachel Cooks

MEAL PLAN #59

MONDAY



Sheet Pan Honey Balsamic Chicken with Vegetables

- If you prefer a meatless Monday, substitute 14 oz. extra firm tofu, cut into 1 inch cubes, for the chicken.
- Choose vegetables you prefer or happen to have. Other good choices include carrots, celery, sweet potatoes, cauliflower, or Brussels sprouts.

TUESDAY



Slow Cooker Beef Marsala Stew

- Makes 8 servings. Invite a guest, share with your neighbor, freeze the extra, or enjoy the stew for another meal this week.
- Serve the stew with your choice of noodles, mashed potatoes, rice, polenta, or simply bread.

WEDNESDAY



Baked Turkey Meatballs with Spaghetti

- Make a double batch of meatballs; save half for the meatball subs on Friday. Grocery list is written for both meals. If you aren't planning on Friday's meal, the extra meatballs can be frozen for a future dinner, or you can choose to make a single batch.

THURSDAY



Shrimp with Chimichurri Rice

- If you choose larger or smaller size shrimp, be sure to adjust the cooking time accordingly.

FRIDAY



Meatball Subs

- Instead of buying both mozzarella and provolone cheese, you can substitute an Italian blend shredded cheese or use all mozzarella, if you want. Grocery list reflects this.
- Serve the subs with carrot sticks, a bagged salad, or chips.

BONUS



Homemade Soft Pretzels

- It's not difficult to make your own soft pretzels (kids love to help!); the dough is very easy to roll out and shape. Perfect for an afternoon project or game day!
- Serve the pretzels with beer cheese, mustard, or your favorite dipping sauce (add to grocery list).

NOTES

- Cooking Quote of the Week: "One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating." – Luciano Pavarotti





GROCERY LIST FOR MEAL PLAN #59

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

- garlic (8 cloves) - M/Tu/W/Th/F
- red onion (1) - M
- yellow onion (1) - W/F
- shallot (1) - Th
- broccoli (1 crown) - M
- red bell pepper (1) - M
- zucchini or summer squash (1 small) - M
- white or cremini mushrooms (24 oz) - M/Tu
- cherry or grape tomatoes (½ pint) - M
- carrots (4 large) - Tu
- celery (3 stalks) - Tu
- orange (1) - Th
- parsley (2 small bunches) - M/W/Th/F
- thyme (3 sprigs) - Tu
- basil (½ c minced) - W/F
- mint (1 T) - Th

DAIRY / REFRIGERATED

- grated or shredded Parmesan cheese (⅔ c) - W/F
- eggs (3) - W/F/Bonus
- milk (2 T) - W/F
- salted butter (¼ c) - F
- unsalted butter (3 T) - Bonus
- shredded Italian blend or mozzarella cheese (2 c) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - M/W/F
- bay leaf - Tu
- red pepper flakes (optional) - W/F
- garlic powder - Th/F

BREAD / PASTA / GRAINS

- rice for serving with chicken (optional) - M
- white rice (1 c dry) - Th
- mashed potatoes, rice, noodles, polenta, or bread for serving with stew - Tu
- spaghetti or other pasta - W
- hoagie or french roll sandwich buns (4) - F

PANTRY

- balsamic vinegar (½ c) - M
- red wine vinegar - Th
- honey - M
- all-purpose flour - Tu/Bonus
- cornstarch - Tu
- instant (quick or rapid) rise yeast (1 packet or 2 ¼ tsp) - Bonus
- brown sugar - Bonus
- baking soda (¼ c) - Bonus

MEAT / FISH / PROTEIN

- boneless skinless chicken breasts or tenders (1 ½ lb) - M
- boneless beef chuck roast (3 lb) - Tu
- 93% lean ground turkey (2 lb) - W/F (see note)
- 1 lb large shrimp, peeled and deveined (31/35 size) - Th

CANNED GOODS

- tomato paste (2 T) - Tu
- low-sodium beef stock (2 c) - Tu
- 25 oz jars spaghetti sauce (2) - W/F

OTHER

- frozen pearl onions (2 c) - Tu (see note)
- frozen peas (1 c) - Tu
- dry Marsala wine (½ c) - Tu (see note)
- carrot sticks, bagged salad, and/or chips for serving with subs - F
- pretzel or sea salt - Bonus

NOTES

- If you can't find or don't want to buy pearl onions, one large onion (chopped) can be substituted (Tu).
- If you'd prefer, the stew can be made without wine. Add an additional ½ cup of beef stock (Tu).
- Lean ground beef can be substituted for ground turkey if desired (W).

