

Rachel Cooks

MEAL PLAN #63 - VEGETARIAN

MONDAY



Creamy Carrot Soup with Edamame Dip & Crackers

- Serve the soup with the edamame dip and crackers of your choice. The dip is a beautiful shade of green and contrasts nicely with the soup. Edamame (soybeans) are a good source of plant protein.
- If you have leftover dip, it's perfect for a quick lunch or snack.

TUESDAY



Asparagus Panzanella Salad with Homemade Croutons

- It's really worth the extra time to make your own croutons. You'll never buy croutons again after trying homemade; they're so much better! Croutons can be made a day or two ahead. Use them to top your favorite salads and soups.

WEDNESDAY



Creamy Lemon Orzo

- Substitute vegetable broth for the chicken broth in the recipe. The grocery list reflects this change.
- If desired, add protein with crispy [air fryer tofu](#) or plant-based sausages. Add to grocery list.

THURSDAY



Chickpea Salad Sandwiches

- Serve with a side of your choice. We like to serve the sandwiches with sweet potato chips. If you prefer fries, try [air fryer sweet potato fries](#) or [air fryer French fries](#).

FRIDAY



Crustless Quiche

- Feel free to mix and match the ingredients. Use what you like or happen to have. There are suggestions on the recipe card.
- The crustless quiche is perfect for weekend breakfast and brunches, too!

BONUS



Rhubarb Sauce

- This easy rhubarb sauce can be a dessert or used more like a sauce, on ice cream, cake, pancakes, in yogurt, etc.
- Increase the recipe as needed, depending on how much rhubarb you have. Rhubarb sauce keeps well in the refrigerator or it can be frozen.

NOTES

- "Eat food. Not too much. Mostly plants." Michael Pollan



GROCERY LIST FOR MEAL PLAN #63

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 (4) - *M/F (see note)*
- red onion (1) - *Tu*
- shallots (4) - *Tu/W*
- green onions (2) - *M*
- garlic (5 cloves) - *M/W*
- carrots (1 ½ lb) - *M*
- celery (3 stalks) - *Th*
- cucumber (1) - *Th*
- asparagus (1 ½ lb) - *Tu*
- Tuscan kale (4 oz) - *W*
- baby spinach (10 oz) - *W/F*
- chives (optional) - *M*
- mint (20 large leaves) - *Tu*
- Italian (flat leaf) parsley (1 small bunch) - *Tu*
- dill (1 small bunch) - *Th*
- lemons (2) - *W/Th*
- rhubarb (4 c chopped) - *Bonus*
- sandwich toppings: lettuce, tomato, sprouts, etc (optional) - *Th*

DAIRY / REFRIGERATED

- heavy cream (12 oz) - *M/W*
- whole milk (8 oz) - *F*
- crumbled feta cheese (½ c) - *Tu/F*
- grated Parmesan cheese (¾ c) - *W*
- shredded mozzarella cheese (¾ c) - *F*
- plain Greek yogurt (1 c) - *Th*
- eggs (8) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- ground ginger - *M*
- garlic powder - *Tu/Th*
- red pepper flakes - *W*
- nutmeg - *F*
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BREAD / PASTA / GRAINS

- crackers - *M*
- large loaf of baker bread - *Tu*
- orzo (1 cup uncooked) - *W*
- pita, bread, or tortillas for chickpea salad - *Th*

PANTRY

- brown sugar - *M*
- granulated sugar - *Tu/Bonus*
- hot sauce - *M*
- red wine vinegar (½ c) - *Tu*
- dijon mustard - *F*

CANNED GOODS

- reduced-sodium vegetable broth (48 oz) - *M/W*
- 16 oz cans chickpeas (2) - *Th*

OTHER

- frozen shelled edamame (16 oz) - *M*
- pine nuts (¼ c, optional) - *W*
- chips or fries to serve with sandwiches - *Th*
- sun dried tomatoes (3 oz) - *F*

NOTES

- I added a few extra onions to the ingredient list to make caramelized onions for the crustless quiche (*F*). If you decide to use different quiche add-ins, you'll only need one yellow onion this week.