

Rachel Cooks

MEAL PLAN #64

MONDAY



Salmon Bowl Recipe

- *Make ahead: Prep the cucumbers, mango, carrots, edamame, green onions, cilantro, and stir up the sauce ahead of time. Refrigerate until ready to use. Cook the salmon and cut the avocado while the rice is cooking. Assemble the bowls when ready to serve.*

TUESDAY



Stuffed Shells with Meat

- *Suggested sides: Caesar salad, warm Italian bread, dipping oil. Choose which sides you'd like to serve and add them to the grocery list. Learn how to make homemade Caesar salad dressing.*

WEDNESDAY



Air Fryer Pork Tenderloin with Lemon Roasted Broccoli

- *If you prefer, substitute cauliflower for the broccoli.*
- *Serving suggestion: Roast a pan of baby potatoes with the broccoli. Try dill roasted potatoes, but instead of the dill, season the potatoes with the same seasoning as the broccoli. So good! We added the ingredients to the grocery list!*

THURSDAY



Chicken Stir Fry with Ginger and Basil

- *Sugar snap peas are usually plentiful in the spring; if you prefer, substitute another vegetable such as asparagus, broccoli, etc.*

FRIDAY



Pizza Quesadilla

- *The recipe is written for 1 quesadilla, which is enough for 1 main course serving. Make as many as you need; the grocery list is written for 4 quesadillas.*
- *Serve the pizza quesadillas with extra pizza sauce for dipping. Suggested sides: carrot and celery sticks, fresh fruit, a simple salad, etc.*

BONUS



Homemade Pizza Sauce

- *This recipe makes about 2 cups of sauce. If you like, it can easily be doubled. It freezes well.*
- *Use this homemade sauce for the pizza quesadillas. It also can be substituted for the marinara sauce used in the stuffed shells (make a double batch).*

NOTES

- *Cooking Quote of the week: "Cooking with love provides food for the soul."
– Valerie McKeenan*





GROCERY LIST FOR MEAL PLAN #64

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) - *Tu/Bonus*
- red onion (1) - *Th*
- green onions (3) - *M*
- garlic (5 cloves) - *M/Tu/Bonus*
- ginger root (1) - *M/Th*
- baby potatoes (1 ½ lb) - *W*
- salad cucumbers (2) - *M*
- avocado (1) - *M*
- matchstick carrots or shredded carrots (3 c or 5 large carrots) - *M/Th*
- shelled edamame (1 c) - *M (see note)*
- broccoli (3 crowns or 1 head) - *W*
- sugar snap peas (2 c) - *Th*
- cilantro (1 small bunch) - *M*
- parsley (1 small bunch) - *Tu*
- basil (¼ c) - *Th*
- mango (1) - *M*
- lemon (1) - *W*
- lime (1) - *Th*

DAIRY / REFRIGERATED

- ricotta cheese (15 oz) - *Tu*
- shredded mozzarella cheese (4 c) - *Tu/F*
- shredded Parmesan cheese (1 c) - *Tu*
- grated Parmesan cheese (2 T) - *W*
- egg (1) - *Tu*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- coconut oil - *Th*
- Italian seasoning - *Tu*
- garlic powder - *W*
- onion powder - *W*
- dried thyme - *W*
- dried oregano - *Bonus*
- dried basil - *Bonus*
- smoked paprika - *W*
- paprika - *W*
- red pepper flakes - *Th/Bonus*

BREAD / PASTA / GRAINS

- uncooked jasmine rice (2 c) - *M*
- rice for serving with stir fry - *Th*
- jumbo pasta shells (6 oz) - *Tu*
- 10-inch tortillas (4) - *F*

PANTRY

- soy sauce - *M*
- honey - *M/Th*
- mayonnaise - *M*
- sriracha sauce - *M*
- Dijon mustard - *W*
- cornstarch - *Th*
- brown sugar - *Bonus*

MEAT / FISH / PROTEIN

- salmon fillets, 4 to 6 oz. each (4) - *M*
- lean ground beef, ground turkey, or ground Italian sausage (1 pound) - *Tu*
- pork tenderloin (1 ½ lb) - *W*
- boneless skinless chicken breasts (2 lb) - *Th*
- sliced pepperoni (40 slices) - *F (see note)*

CANNED GOODS

- 24 ounce jar spaghetti or marinara sauce (1) - *Tu*
- pizza sauce (½ c) - *F*
- low-sodium chicken broth (8 oz) - *Th*
- 28 ounce can no-salt-added tomatoes, diced or whole (1) - *Bonus*
- tomato paste (2 T) - *Bonus*

OTHER

- Sesame seeds and/or nori seaweed strips (optional) - *M*
- side of choice for stuffed shells - *Tu*

NOTES

- Shelled edamame may be found in the freezer section (*M*).
- For the salmon bowl, feel free to switch or omit any of the vegetables or fruit. If you aren't a fan of salmon, shrimp or baked tofu are good substitutes (*M*).
- Feel free to substitute pizza toppings of your choice for the quesadillas (*F*).

