

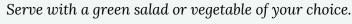
Homemade Vegetable Soup

- Serve with warm bakery bread or crackers.
- If you prefer, add meat to the soup. Brown ground beef or turkey, sausage, or boneless skinless chicken along with the vegetables, or add diced ham. Add your choice to the grocery list.

Easy Shrimp Alfredo

TUESDAY

MONDAY





Baked Italian Sausage Dinner

- Add diced sweet potatoes to the pan to make this a complete dinner (instructions are on recipe card). Serve with a salad or warm bread.
- If you bought a head of cabbage for the soup (M), use the extra cabbage to make <u>sautéed cabbage</u> or homemade <u>coleslaw</u> (add ingredients to grocery list).

Instant Pot Teriyaki Chicken



Make a double batch and save the extra to make quesadillas tomorrow. The grocery list is written for both meals. If you decide not to use the extra for tomorrow's meal, it freezes well. If you prefer, make <u>crockpot teriyaki chicken</u> or make it on the stovetop. Serve with steamed rice and a vegetable of your choice.



Teriyaki Chicken Quesadillas

• Add ¼ cup shredded cheese and ½ cup teriyaki chicken to half of tortilla. Top with another ¼ cup of cheese. Add green onions and sriracha (optional). Fold tortilla in half. Melt 1 tsp butter in skillet (medium high heat). Add quesadilla, fry until golden, flip and fry the other side. Repeat with remaining tortillas. Slice & serve.



Tropical Smoothie

- This recipe is flexible. Use any type of milk or frozen fruit you prefer.
- The riper the banana, the sweeter the smoothie will be. A frozen banana will make a thicker smoothie.
- Cooking Quote of the Week: "Food, to me, is always about cooking and eating with those you love and care for." – David Chang



Rachel Cooks GROCERY LIST FOR MEAL PLAN #66

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

- medium onion (1) M
- red onion (1) W
- green onions (1 bunch, optional)
 Th/F
- sweet potatoes (2 medium) W
- garlic (8 cloves) Tu/Th
- carrots (2) M
- celery (2 stalks) M
- turnips (2) M
- green beans (8 oz) M
- shredded cabbage (3 c) M
- bell peppers (2) W
- thyme (5 sprigs) M (see note)
- parsley (small bunch) M/Tu
- banana (1) Bonus
- vegetable of choice for serving with teriyaki chicken Th

DAIRY / REFRIGERATED

- unsalted butter (5 T) Tu/F
- heavy cream (8 oz) Tu
- grated Parmesan cheese (1 c) Tu

BREAD / PASTA / GRAINS

bakery bread or crackers for

• rice or quinoa for serving with

serving with bread - M

• fettuccini pasta (8 oz) - Tu

teriyaki chicken - Th
large (10-inch) tortillas (4) - F

- shredded Monterey jack or provolone cheese (2 c) - F
- milk of choice (1 c) Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- nutmeg Tu

PANTRY

- soy sauce (1 c) Th
- apple cider vinegar (½ c) Th
- honey (½ c + 1T) Th/Bonus
- brown sugar (½ c) Th
- cornstarch Th
- sesame seeds Th (optional)
- Sriracha sauce F (optional)

OTHER

- MEAT / FISH / PROTEIN
- large raw shrimp, peeled and deveined (1 lb) Tu
- raw Italian sausage links (1 to 1 ½ lb) - W
- boneless skinless chicken breasts (3 lb) - Th

CANNED GOODS

- low-sodium vegetable broth (40 oz)
 M
- 14.5 oz can diced tomatoes (1) M
- low-sodium chicken broth (8 oz) -Th

• grated Parmesan cheese or croutons for topping soup, optional - M

- salad or vegetable of choice for serving with alfredo Tu
- salad or bread to serve with sausage dinner W
- assorted frozen fruit (mango, peach, strawberry, pineapple)
 Bonus
- orange juice (½ c) Bonus



• Dried thyme can be used instead of fresh. You'll need ½ teaspoon (M).

NOTES