

Rachel Cooks

MEAL PLAN #66

MONDAY



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.

TUESDAY



Easy Shrimp Alfredo

- Serve with a green salad or vegetable of your choice.

WEDNESDAY



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 sautéed cabbage or homemade coleslaw (add ingredients to grocery list).

THURSDAY



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 crockpot teriyaki chicken or make it on the stovetop. Serve with steamed rice and a vegetable of your choice.

FRIDAY



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.

BONUS



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.

NOTES

- Cooking Quote of the Week: "Food, to me, is always about cooking and eating with those you love and care for." – David Chang





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*
- 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)

BREAD / PASTA / GRAINS

- bakery bread or crackers for serving with bread - *M*
- fettuccini pasta (8 oz) - *Tu*
- rice or quinoa for serving with teriyaki chicken - *Th*
- large (10-inch) tortillas (4) - *F*

OTHER

- 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*

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*

NOTES

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

