

Rachel Cooks

MEAL PLAN #65 - GLUTEN FREE

MONDAY



Mushroom Tacos

- Mushroom tacos are easy to make. They're flavorful and will please vegetarians and meat-eaters alike.
- Reserve 6 tortillas for the soup (Th). Extra toppings (pico de gallo, avocado, cilantro, sour cream, pickled red onions, etc.) can be used for the soup, too.

TUESDAY



Instant Pot Pork Chops with Mashed Red Potatoes

- The potato recipe makes 8 servings. I've halved the amounts on the grocery list to make 4 servings. Serve the pork chops with gravy over the mashed potatoes, along with a vegetable or salad of your choice (add to grocery list). If you have red cabbage left over from Monday's tacos, make German red cabbage.

WEDNESDAY



Kung Pao Shrimp

- I like to serve Kung Pao shrimp with steamed jasmine rice.
- Use tamari instead of soy sauce to make this recipe gluten free. Make sure to look for gluten-free hoisin sauce.

THURSDAY



Chicken Tortilla Soup

- Garnish the soup with the same toppings you used for the mushroom tacos. You'll save money and reduce waste.

FRIDAY



Steak Salad with Orange-Honey Dressing

- The recipe is for one salad. I've adjusted the grocery list to make 4 servings.
- This is a very simple salad with a light dressing. If you prefer, substitute a dressing of your choice. If you have cilantro left over from Monday's tacos, add it to the salad if you like.

BONUS



Pecan Pralines

- Looking for a sweet treat that's gluten-free? You'll love these pecan pralines (and they are easy to make).

NOTES

- Cooking quote of the week: "Life is uncertain. Eat dessert first." – Ernestine Ulmer





GROCERY LIST FOR MEAL PLAN #65

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 onions (4) - *M/Tu/W/Th*
- red onion (1) - *F*
- green onions (3) - *W*
- garlic (10 cloves or about 1 head) - *M/Tu/W/Th*
- ginger root (1) - *W*
- red potatoes (1 ½ lb) - *Tu*
- jalapeño peppers (3) - *M/Th*
- red bell pepper (1) - *W*
- green bell pepper (1) - *W*
- portobello mushrooms (4, or about 14 oz) - *M*
- carrots (4) - *F*
- celery (4 stalks) - *F*
- red cabbage (½ c shredded) - *M* (see note)
- romaine hearts (4) - *F*
- cilantro (1 small bunch) - *M/Th*
- parsley (1 small bunch) - *Tu*
- limes (2) - *M/Th*
- oranges (4) - *F*

DAIRY / REFRIGERATED

- cotija cheese or queso fresco (½ c) - *M*
- unsalted butter (7 T) - *Tu/Bonus*
- milk (¾ c) - *Tu*
- sour cream (¾ c) - *Tu*
- heavy whipping cream (6 oz) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *M/Th*
- ground cumin - *M/Th*
- paprika - *M*
- smoked paprika - *M/Th*
- dried rosemary - *Tu*
- dried thyme - *Tu*
- dried sage - *Tu*
- red pepper flakes - *W*

BREAD / PASTA / GRAINS

- corn tortillas (14) - *M/Th*
- jasmine rice for serving with shrimp - *W*

PANTRY

- Worcestershire sauce - *Tu*
- cornstarch - *Tu/W*
- tamari - *W*
- rice vinegar - *W*
- hoisin sauce - *W*
- granulated sugar - *W/Bonus*
- brown sugar - *Bonus*
- toasted sesame oil - *W*
- honey - *F*
- baking soda - *Bonus*
- light corn syrup - *Bonus*

MEAT / FISH / PROTEIN

- boneless pork chops, 1 ½ inches thick (4, or about 2 lb) - *Tu*
- large raw shrimp, peeled and deveined (1 lb) - *W*
- boneless skinless chicken breasts (1 ½ lb) - *Th*
- eye of round steaks (4, 16 oz total) - *F*

CANNED GOODS

- low-sodium chicken broth (42 oz) - *Tu/Th*
- 14.5 oz cans petite diced tomatoes (2) - *Th*
- 15 oz cans black beans (2) - *Th*

OTHER

- optional toppings for tacos and tortilla soup: pico de gallo, avocado or guacamole, fresh cilantro, sour cream, pickled red onions, fresh lime juice - *M/Th*
- roasted peanuts or roasted cashews (½ c) - *W*
- frozen corn (1 c) - *Th*
- pecan halves (2 c) - *Bonus*

NOTES

- German red cabbage goes well with the pork chops (*Tu*). Consider buying an entire head of cabbage and adding red wine vinegar to your list if you don't keep it stocked in your pantry. You'll also need sugar and butter.

