

Rachel Cooks

MEAL PLAN #71

MONDAY



Honey Balsamic Chicken Thighs

- Since you have the oven on, roast a pan of vegetables to go with the chicken. Take a look at my [balsamic roasted vegetables](#). Be sure to add your vegetables of choice to the grocery list.
- You can use other cuts of chicken, if you prefer.

TUESDAY



Caprese Turkey Burgers

- Serve with [air fryer sweet potato fries](#) or [air fryer French fries](#). If fresh corn is available, [try air fryer corn on the cob](#) or [Instant Pot corn on the cob](#). Add your choice to the grocery list.

WEDNESDAY



Shrimp and Vegetable Stir Fry with Lemon Garlic Sauce

- Feel free to substitute vegetables you like better or happen to have.

THURSDAY



Grilled Chicken (Italian Marinade) with Gazpacho Salad

- If you have extra salad, serve it with the pizza tomorrow. Reserve a portion of the vegetables and dressing; marinate the vegetables in the dressing overnight. Add the croutons and lettuce when ready to serve.
- Cook two extra chicken breasts and use them for tomorrow's pizza.

FRIDAY



BBQ Chicken Pizza

- If you prefer homemade, try my easy [pizza dough recipe](#). Update grocery list accordingly.
- Feel free to change the toppings if you like. Use chicken you grilled on Thursday, making this meal super quick and easy.

BONUS



Sugar Cookie Bars with Vanilla Buttercream Frosting

- The frosting can be tinted any color you like and decorated with sprinkles to match the occasion.
- Everyone loves this sweet treat! Perfect for showers, picnics, potlucks, or any special occasion.

NOTES

- Cooking Quote of the Week: "If you like good food, cook it yourself."
— Li Liweng





GROCERY LIST FOR MEAL PLAN #71

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

- garlic (7 cloves or 1 head) - M/Tu/W/Th
- small yellow onions (2) - Tu/W
- red onions (2) - Th/F
- green onions (optional pizza garnish) - F
- large tomatoes (4) - Tu/Th
- red bell pepper (1) - W
- green bell pepper (1) - Th
- asparagus (1 bunch) - W
- zucchini (8 oz) - W
- english cucumber (1) - Th
- romaine lettuce (1 head) - Th
- basil (1 large bunch) - Tu
- parsley (2 T) - W
- lemons (2) - W
- vegetable(s) of choice - M

DAIRY / REFRIGERATED

- egg (3) - Tu/Bonus
- fresh mozzarella (8 oz log) - Tu
- shredded sharp cheddar cheese (1 ½ c) - F
- unsalted butter (3 sticks) - Bonus
- milk or cream (2 T) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried parsley - Tu/Th
- garlic powder - Th
- dried basil - Th
- dried oregano - Th

BREAD / PASTA / GRAINS

- rice of choice for serving with chicken and stir fry - M/W
- hamburger buns or ciabatta rolls (4) - Tu
- croutons (4 c) - Th
- uncooked pizza crust (16 oz) - F

PANTRY

- honey - M/Th
- balsamic vinegar - M
- red wine vinegar - Th
- panko bread crumbs - Tu
- cornstarch - W
- powdered sugar (3 ¾ c) - Bonus
- vanilla bean paste - Bonus
- all-purpose flour - Bonus

MEAT / FISH / PROTEIN

- 4 bone-in, skin-on chicken thighs (about 1.5 lbs. total) - M
- 1 lb ground turkey (I recommend 85/15) - Tu
- 1 lb raw shrimp (20-30 per pound size, peeled, deveined) - W
- boneless skinless chicken breasts (3 lb) - Th/F
- center cut bacon (4 slices) - F

CANNED GOODS

- pesto (4 T) - Tu
- reduced-sodium chicken broth (6 oz) - W
- BBQ sauce (½ c) - F

OTHER

- side of choice for burgers - Tu
- frozen corn (½ c) - Th (see note)
- food coloring and sprinkles (optional) - Bonus

NOTES

- If fresh corn is available, use it instead of frozen corn in the gazpacho salad. If you buy extra corn, serve corn on the cob with the turkey burgers. Try [air fryer corn on the cob](#) or [Instant Pot corn on the cob](#). Fresh corn kernels can also be added as a topping for the BBQ chicken pizza.

