

Rachel Cooks

MEAL PLAN #77 - PESCATARIAN

MONDAY



Grilled Peach Salad with Burrata

- Serve with warm bakery bread or crostini for a light main course. The salad can also be served over couscous or quinoa.
- Burrata is fresh mozzarella cheese formed into a hollow ball, with a creamy center.

TUESDAY



Tuna Casserole

- If you're not in the mood for a casserole, you might want to try my [tuna pizza](#). Update grocery list accordingly.
- Substitute cream of mushroom soup for cream of chicken.

WEDNESDAY



Shrimp Tacos with Mango Avocado Salsa

- This salsa is delicious with tortilla chips, too. You may want to double the recipe so you have extra! Make sure to update the grocery list if you double the recipe.

THURSDAY



Baked Salmon with Lemon and Chives

- Serve the salmon with easy [roasted potatoes](#) or [sweet potatoes](#). They can bake in the oven at the same time as the salmon. Include a fresh green salad, too.

FRIDAY



Sheet Pan Shrimp Fajitas

- These are the easiest fajitas you'll ever make! If you made the shrimp tacos (W), you can use some of the same toppings for the fajitas.

BONUS



Homemade Tartar Sauce

- It's very easy to make your own tartar sauce. The flavor is so much better than commercial brands and it doesn't contain additives or preservatives.
- Serve the tartar sauce with your favorite fish recipe or as a sandwich spread.

NOTES

- Cooking Quote of the week: "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." – J.R.R. Tolkien





GROCERY LIST FOR MEAL PLAN #77

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

- red onions (2) - *W/F/Bonus*
- cherry tomatoes (1 pint) - *M*
- jalapeño pepper (1) - *W*
- bell peppers, any color (3) - *F*
- avocado (1 large) - *W*
- red cabbage or lettuce for tacos - *W*
- basil (½ c) - *M*
- cilantro (1 small bunch) - *W*
- chives (1 small bunch) - *Th*
- dill (1 T) - *Bonus*
- ripe but firm peaches (3) - *M, see note*
- mango (1) - *W*
- pineapple (1 c diced) - *W*
- limes (2) - *W*
- lemons (2) - *Th/Bonus*
- potatoes or sweet potatoes - *Th, optional*
- salad for serving with the salmon - *Th, optional*

DAIRY / REFRIGERATED

- burrata (8 oz) - *M*
- shredded cheddar cheese (1 ½ c) - *Tu*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - *W*
- ground cumin - *W*
- garlic powder - *W*
- red pepper flakes - *Th*
- fajita seasoning (2 T) - *F*

BREAD / PASTA / GRAINS

- bread, crostini, couscous, or quinoa to serve with salad - *M*
- egg noodles (12 oz) - *Tu*
- corn or flour tortillas (20) - *W/F*

PANTRY

- mayonnaise (¾ c) - *Bonus*
- dill pickles (1 T chopped) - *Bonus*

MEAT / FISH / PROTEIN

- large shrimp - peeled, tail off, deveined (16 oz) - *W*
- medium shrimp - peeled, tail off, deveined (16 oz) - *F*
- salmon (1.5 lb or 4 fillets) - *Th*

CANNED GOODS

- 10 ¾ oz cans cream of mushroom soup (2) - *Tu*
- 5 oz can solid white albacore tuna packed in water (2) - *Tu*
- 5 oz can sliced water chestnuts (1) - *Tu*

OTHER

- slivered raw almonds (¼ c) - *M*
- balsamic glaze - *M*
- frozen peas (2 c) - *Tu*
- tortilla chips for serving with tacos - *W, optional*
- toppings for fajitas (lettuce, tomato, salsa, avocado, sour cream, jalapeño, lime, cilantro, etc.) - *F*

NOTES

- Nectarines can be substituted for peaches (*M*).

