

Rachel Cooks

MEAL PLAN #79

MONDAY



California Burger with Sautéed Zucchini

- Any type of tender-skinned summer squash can be used, or a combination.
- If you prefer, serve the burgers with a side of your choice. Be sure to adjust the shopping list.

TUESDAY



Chile Relleno Soup

- If you're not fond of poblano peppers, substitute bell peppers (any color).

WEDNESDAY



Air Fryer Tilapia with House Salad

- The tilapia is ready to eat in less than 15 minutes, so it's best to prep the salad or other sides first.
- Feel free to use any salad toppings you like or happen to have.

THURSDAY



Instant Pot Carnitas

- If you don't have an Instant Pot, cook the pork using the same method as these [slow cooker pork tacos](#).
- This recipe makes enough shredded pork for 8 servings. If you like, reserve some to use for the cauliflower nachos (F) instead of chicken.

FRIDAY



Cauliflower Nachos

- If you have leftover pork carnitas, use that instead of shredded chicken. Many of the same toppings can be used for both meals.
- If you prefer, substitute tortilla chips for the roasted cauliflower.

BONUS



Kool-Aid Pie

- This no-bake ice box pie is so creamy and super easy to make! It's the perfect finish to a summer dinner.
- Choose your favorite flavor of Kool-Aid.

NOTES

- Cooking Quote of the Week: "Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity." – Guy Fieri





GROCERY LIST FOR MEAL PLAN #79

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 onion (1) - M/W/F
- yellow onion (1 large) - Tu
- garlic (7 cloves) - M/Tu/W/Th
- large ripe tomato (3) - M/F
- cherry or grape tomatoes (1 c) - W
- large ripe avocados (2) - M/F
- medium zucchini (2, or about 1 lb) - M
- poblano peppers (6) - Tu
- jalapeño pepper (1) - F
- cucumber (1) - W
- carrot (1) - W
- cauliflower (1 large head) - F
- leaf lettuce for burgers - M
- shredded cabbage or lettuce - F
- mixed salad greens (6 c) - W
- parsley (optional) - M/W
- cilantro (1 small bunch) - Tu/F
- lemons (2, optional) - M/W
- orange (1) - Th
- limes (3) - Th/F

DAIRY / REFRIGERATED

- Monterey jack cheese (4 slices) - M
- shredded or grated Parmesan cheese (2 T, optional) - M
- cream cheese (8 oz) - Tu/Bonus
- shredded cheddar cheese (1 c) - Tu/W
- shredded Mexican blend cheese (1 c) - F
- frozen whipped topping such as Cool Whip (8 oz) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - M/W
- onion powder - M/F
- dried oregano - M/Th
- dried thyme - M/W
- ground cumin - Tu/Th/F
- paprika - W/Th
- bay leaves - Th
- coriander - Th
- chili powder - F
- cayenne powder - F

BREAD / PASTA / GRAINS

- burger buns (4) - M
- corn tortillas (8 or more) - Th

PANTRY

- Worcestershire sauce - M
- mayonnaise (¼ c) - M
- Dijon mustard (2 T) - M/W
- balsamic vinegar - W
- honey - W

CANNED GOODS

- low-sodium chicken broth (40 oz) - Tu/Th
- 15 oz can black beans (1) - F
- 14 oz can sweetened condensed milk (1) - F

OTHER

- croutons (2 c) - W
- additional toppings for carnitas and nachos (pico de gallo, lime wedges, cilantro, shredded cabbage, guacamole, pickled onions, and/or sour cream) - Th/F
- deep dish graham cracker crust (1, 9-inch) - Bonus
- 1 packet (0.15 oz.) unsweetened powdered drink mix, such as Kool-Aid - Bonus

MEAT / FISH / PROTEIN

- lean ground beef (1 lb) - M
- bacon (4 slices, optional) - M
- boneless skinless chicken breasts (1 ½ lb) - Tu
- tilapia fillets (16 oz) - W, *see note*
- boneless pork shoulder (4-5 lb) - Th
- shredded cooked chicken or rotisserie chicken (2 c) - F, *see note*

NOTES

- If desired, substitute another fish that is similar in size and flavor, such as striped bass, rainbow trout, or red snapper. (W)
- If you plan to use leftover carnitas on your cauliflower nachos, remove chicken from grocery list (F)

