

Rachel Cooks

MEAL PLAN #83

MONDAY



Orange Glazed Salmon with Coconut Rice

- Serve a simple cooked vegetable with this meal. Steamed broccoli or pea pods go really well.
- Look for canned coconut milk in the international aisle of the grocery store.

TUESDAY



Lasagna Soup

- This is an easy soup to make and it's one of my family favorites. It's ready in just 45 minutes!
- If you have extra ricotta cheese, make roasted tomato and ricotta crostini to serve with the soup. Add ingredients to the grocery list.

WEDNESDAY



Grilled Italian Chicken with Creamy Tuscan Mushrooms

- Reserve enough chicken (2 cups diced) to add to the pasta salad tomorrow. I've doubled the ingredients on the grocery list so you'll have enough.
- Serve the grilled chicken and creamy mushrooms with warm bakery bread.

THURSDAY



Chicken Caesar Pasta Salad

- Be sure to take a look at the Bonus recipe if you're interested in making your own Caesar dressing and Caesar-flavored croutons.

FRIDAY



California Burger

- California burgers can be grilled, pan-fried, or air fried.
- Serve the burgers with veggie chips or potato chips.

BONUS



Homemade Caesar Dressing and Caesar Croutons

- You'll love this homemade dressing. It's easy to make and healthier than store-bought. Homemade croutons are simply the best. Once you try them, you'll never buy them again.
- Both the dressing and the croutons can be made ahead.

NOTES

- Cooking Quote of the Week: "The more you know, the more you can create. There's no end to imagination in the kitchen." – Julia Child





GROCERY LIST FOR MEAL PLAN #83

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

- large yellow onion (1) - Tu/W
- red onion (1) - F
- garlic (7 cloves or 1 head) - M/Tu/W/Bonus
- mushrooms (24 oz) - Tu/W (see note)
- cherry tomatoes (1 c) - Th
- large tomato for burgers (1) - F
- avocado (1) - F
- baby spinach (8 oz) - Tu/W
- romaine lettuce (2 hearts) - Th
- leaf lettuce - F, see note
- fresh basil (12 leaves) - Tu/W
- oranges (2) - M
- lemon (1) - Bonus
- vegetable such as broccoli or pea pods - M

DAIRY / REFRIGERATED

- ricotta cheese (1 c) - Tu
- shredded Parmesan cheese (2 c) - Tu/W/Th
- grated Parmesan cheese (½ c plus 2 T) - Bonus
- shredded mozzarella cheese (½ c) - Tu
- heavy cream (8 oz) - W
- plain greek yogurt (¾ c) - Bonus

BREAD / PASTA / GRAINS

- jasmine rice (1 ½ c) - M
- traditional lasagna noodles (8 oz) - Tu
- bakery bread of choice - W
- rotini pasta (8 oz) - Th
- burger buns (4) - F
- white bread for croutons such as a baguette (4 c) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M
- garlic powder - M/W/F/Bonus
- ground ginger - M
- red pepper flakes - M
- dried oregano - Tu/W/Bonus
- dried parsley - Tu/W/Bonus
- dried basil - Tu/W
- dried thyme - Bonus
- red pepper flakes - W
- onion powder - F

PANTRY

- cornstarch - M
- soy sauce - M
- maple syrup - M
- rice vinegar - M
- white or red wine vinegar (½ c) - W
- granulated sugar - M/W
- Worcestershire sauce - F
- mayonnaise - F
- Dijon mustard - F/Bonus

MEAT / FISH / PROTEIN

- 4-6 oz salmon fillets (4) - M
- raw sweet Italian sausage links (1 ¼ lb) - Tu
- boneless skinless chicken breasts (4 lb) - W/Th
- lean ground beef (1 lb) - F
- bacon (4 slices, optional) - F

CANNED GOODS

- 13.6 to 14 oz can full-fat unsweetened coconut milk (1) - M
- tomato paste (2 T) - Tu
- 28 oz can diced tomatoes (1) - Tu
- low-sodium beef broth (32 oz) - Tu
- anchovy fillets (2) - Bonus

OTHER

- unsweetened shredded coconut (½ c) - M
- sun dried tomatoes packed in oil (¼ c) - W
- caesar salad dressing (½ c) - Th, see note
- caesar salad croutons - Th
- chips or veggies of choice to serve with burgers - F

NOTES

- Mushrooms can be white, button, or baby bella mushrooms (Tu/W).
- Remove caesar salad dressing and croutons from the grocery list if you decide to make your own (Th/Bonus).
- You may have leftover romaine that you can use for the burgers instead of leaf lettuce (F).

