

Rachel Cooks

MEAL PLAN #85

MONDAY



Ground Turkey Soup with Beans & Spinach

- This soup can be on the table in less than a half hour. It's super easy to make and so delicious! It's one of my favorite dinner ideas.
- Serve the soup with bakery bread or rolls.

TUESDAY



Air Fryer Salmon Bites with Smoky Brussels Sprouts

- Recipe is written for 2 servings. I've doubled the ingredients on the grocery list.
- You may have to do the salmon bites in two batches for 4 servings. They only take about 6 minutes to air fry. If you don't have an air fryer, take a look at my list of [15 salmon recipes](#) to choose another cooking method.

WEDNESDAY



Moroccan Meatballs with Roasted Vegetables

- If you prefer, simply make the meatballs with sides of your choice. You can use ground beef, turkey, or chicken.
- Meatballs can be made in advance and refrigerated until ready to bake.

THURSDAY



Grilled Greek Marinated Chicken with Chopped Greek Salad

- Cook extra chicken to use for the curried chicken salad tomorrow. You'll need about 3 cups of chicken, diced or shredded. You won't need to double the marinade, just the chicken. The grocery list reflects this change.

FRIDAY



Curried Chicken Salad

- Use the grilled chicken you reserved from yesterday's meal. Be sure to include your choice of how you want to serve the chicken salad on your grocery list: bread, croissants, lettuce, or crackers.

BONUS



Berry Galette

- A galette is rustic pie that is very easy to make. You can make your own dough (recommended, ingredients included on grocery list) or buy pie crust.
- If you don't have a good selection of berries, other types of fruit can be substituted.

NOTES

- Cooking Quote of the Week: "One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating." – Luciano Pavarotti





GROCERY LIST FOR MEAL PLAN #85

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 onion (1) - *M*
- sweet onion (1 large) - *W*
- red onion (1, optional) - *Th*
- shallots (2) - *Tu*
- scallions (3) - *F*
- garlic (3 cloves) - *M/W*
- Brussels sprouts (1 lb) - *Tu*
- cherry or grape tomatoes (2 pints) - *W/Th*
- red bell peppers (2) - *W/Th*
- greenhouse cucumber (1) - *Th*
- celery (3 stalks) - *F*
- baby spinach (8 oz) - *M*
- thyme (1 tsp) - *Tu* (see note)
- parsley (1 small bunch) - *W*
- fresh mint leaves (1 T) - *W*
- oranges (2) - *W*
- lemons (2) - *F/Bonus*
- apple (1) - *F*
- mixed berries (3 ½ c) - *Bonus*

DAIRY / REFRIGERATED

- grated Parmesan cheese (½ c, more for garnish) - *M*
- large eggs (2) - *W/Bonus*
- crumbled feta cheese (¼ c) - *W*
- feta cheese (8 oz block) - *Th*
- plain Greek yogurt (1 c) - *Th/F*
- unsalted butter (½ c) - *Bonus*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - *M*
- dried oregano - *M/Th*
- dried basil - *M*
- garlic powder - *Tu/Th*
- onion powder - *Tu*
- smoked paprika - *Tu*
- dried thyme - *Tu*
- ground cumin - *W*
- ground allspice - *W*
- ground cinnamon - *W*
- curry powder - *F*

BREAD / PASTA / GRAINS

- bread or rolls to serve with soup - *M*
- couscous or rice for serving with meatballs - *W*
- bread, croissants, or crackers for serving chicken salad - *F*

PANTRY

- brown sugar - *Tu*
- panko bread crumbs (½ c) - *W*
- red wine vinegar - *Th*
- mayonnaise (¼ c) - *F*
- honey - *F/Bonus*
- all-purpose flour - *Bonus*
- sugar - *Bonus*
- tapioca starch or cornstarch - *Bonus*
- coarse sugar (or turbinado) - *Bonus*

MEAT / FISH / PROTEIN

- lean ground turkey (1 lb) - *M*
- salmon (24 oz) - *Tu* (see note)
- lean ground beef (1 lb) - *W* (see note)
- boneless skinless chicken breasts (3 lb) - *Th/F*

CANNED GOODS

- 14.5 oz can diced tomatoes (1) - *M*
- 15.8 oz can great northern beans (1) - *M*
- 16 oz cans chickpeas or garbanzo beans (2) - *W/Th*
- low-sodium chicken broth (24 oz) - *M*
- kalamata olives (optional) - *Th*

OTHER

- raisins (¼ c) - *F*
- sliced or slivered almonds (½ c, optional) - *F*

NOTES

- Thick fillets of salmon works better for the salmon bites than thinner slices (*Tu*).
- If you don't want to purchase fresh thyme, dried thyme (¼ tsp) can be substituted (*Tu*).
- The recipes on Monday and Wednesday can be made with ground beef or ground turkey. Choose what you like best.

