

Rachel Cooks

MEAL PLAN #87 - SERVES 2

MONDAY



Sheet Pan Dinner with Italian Sausage, Broccoli, Polenta

- Reserve extra sausages for Wednesday. If you prefer to cook them all at once, you can reheat them as needed.
- Save the extra roasted broccoli for the quiche (Tu) and half the polenta to serve with the salad (F). Reserve remaining marinara sauce for the sandwiches (W).

TUESDAY



Roasted Broccoli and Cheddar Quiche

- Use the reserved roasted broccoli from the sheet pan dinner. If you didn't make that meal, roast the broccoli before making the quiche.
- The quiche can be cut into 6 or 8 slices. Leftover quiche reheats really well and is perfect for lunches. It also freezes well for a future meal.

WEDNESDAY



Air Fryer Italian Sausages on Buns with Marinara and Cheese

- Use the remaining sausages from Monday.
- Butter the buns; broil until lightly browned. Add a cooked sausage to each bun, a spoonful of marinara sauce, and a bit of mozzarella cheese. Broil until cheese is melted. Serve with sides of your choice.

THURSDAY



Shrimp Salad with Mango and Avocado

- This is a composed salad which means each salad is arranged on a plate individually.
- Serve the salad with polenta rounds on the side. To reheat, fry the slices in a skillet with a tablespoon of olive oil until lightly browned.

FRIDAY



Stuffed Portobello Mushrooms

- This recipe makes 4 stuffed mushrooms. Serve 2 mushrooms each for a main course meal. A fresh green salad would be a perfect side choice.

BONUS



Pasta e Fagioli Soup

- Many soup recipes make way too much soup for 2 people; however, this recipe makes just 4 servings. The soup is great leftover and can be frozen, too. It's ready to eat in just over a half hour.

NOTES

- Cooking Quote of the Week: "Cooking requires confident guesswork and improvisation—experimentation and substitution, dealing with failure and uncertainty in a creative way." – Paul Theroux



GROCERY LIST FOR MEAL PLAN #87

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 red onion (1) - M/Th
- large yellow onion (1) - Bonus
- garlic (5 cloves) - F/Bonus
- broccoli florets (6 cups or 1 head) - M/W
- jalapeño pepper (1) - Th
- small avocado (1) - Th
- large portobello mushrooms (4) - F
- leaf lettuce (6 c) - Th
- baby spinach (2 c firmly packed) - F
- baby spinach or baby kale (8 oz) - Bonus
- lime (1) - Th
- mango (1) - Th
- cilantro (2 T) - Th
- parsley (1 small bunch) - F/Bonus
- salad to serve with mushrooms (optional) - F

DAIRY / REFRIGERATED

- eggs (4) - Tu
- 2% or whole milk (8 oz) - Tu
- shredded sharp cheddar cheese (2 c) - Tu
- shredded mozzarella cheese (1 c) - W
- cream cheese (4 oz) - F
- shredded parmesan cheese (4 oz) - F
- shaved Parmesan cheese (¼ c) - Bonus, see note

BREAD / PASTA / GRAINS

- cooked polenta (18 oz tube) - M/Th
- cornmeal (½ c) - Tu, see note
- hoagie or french roll sandwich buns (2) - W
- small pasta such as ditalini or macaroni (½ c) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - M/Bonus
- garlic powder - M/F
- chili powder - Th
- dried thyme - F
- dried basil - Bonus

PANTRY

- all-purpose flour - Tu
- shortening - Tu
- honey - Th
- balsamic vinegar - F

MEAT / FISH / PROTEIN

- uncooked Italian sausage (16 oz or 4-5 links) - M/W
- peeled and deveined large shrimp (8 oz) - Th

CANNED GOODS

- marinara or pizza sauce (1 jar) - M/W
- vegetable or chicken broth (32 oz) - Bonus
- 14.5 oz can diced tomatoes (1) - Bonus
- 15.5 oz can cannellini beans (1) - Bonus

OTHER

- sides of choice to serve with Italian sausages - W

NOTES

- Shortcut: Although this is an easy fool-proof pastry recipe, you could buy an unbaked pie shell instead of making your own pastry for the quiche (Tu).
- The shaved Parmesan is for garnishing the soup, but you can also use shredded if you have extra from Friday and don't want to buy both (Bonus).