

Rachel Cooks

MEAL PLAN #88

MONDAY



Savory Waffles with Fried Eggs

- Serve the savory Belgian waffles warm, with additional shredded cheddar, diced ham, green onions, and dill as toppings (make sure to add extras to grocery list if desired).
- For extra protein, top each waffle with a fried egg (included in grocery list).

TUESDAY



Chicken Barley Soup

- Serve the soup with your favorite bakery bread or rolls.
- If you happen to have soup leftover, it makes great lunches or it can be frozen.

WEDNESDAY



Broiled Salmon with Grilled Vegetable Salad

- The salad makes 8 side servings; however, if it's the only side with the salmon, you'll probably find that it's just the right amount for 4 larger servings.
- The vegetables can be roasted in the oven if grilling isn't an option. There are instructions on the recipe card.

THURSDAY



Slow Cooker Cuban Pork with Cilantro Lime Rice and Beans

- Marinate the pork overnight; slow cook it for 8 to 10 hours.
- Reserve a couple of cups of the shredded pork to make Cuban sandwiches (F).
- Serve with cilantro lime rice and black beans. Garden-fresh sliced tomatoes go well with this meal. I like to serve it with fresh pineapple salsa.

FRIDAY



Grilled Cuban Sandwiches

- The recipe is written for two sandwiches. I've doubled the ingredients on the grocery list to make 4 sandwiches. Serve with deli-style potato chips and extra dill pickles.
- The sandwiches can be grilled in a panini maker or a heavy skillet.

BONUS



Salmon Seasoning

- If you love salmon, this seasoning is nice to have on hand. You can use it on other types of fish. It works well as a rub for chicken or pork, too.
- Store the seasoning in a small jar (a clean recycled jar is fine) for up to 6 months in your pantry.

NOTES

- Cooking Quote of the Week: "Cooking is not difficult. Everyone has taste, even if they don't realize it. Even if you're not a great chef, there's nothing to stop you understanding the difference between what tastes good and what doesn't." – Gerard Depardieu





GROCERY LIST FOR MEAL PLAN #88

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 onions (2) - Tu/Th/F
- red onion (1) - W
- green onions (4) - M
- garlic (8 cloves or 1 head) - Tu/W/Th/F
- celery (2 stalks) - Tu
- carrots (2) - Tu
- zucchini (16 oz) - W
- summer squash (32 oz) - W
- mushrooms (8 oz) - W
- rosemary (1 T chopped) - W
- parsley (1 small bunch) - W
- cilantro (1 small bunch) - Th
- lemon (1) - W
- limes (4) - Th/F
- orange (1) - Th/F

DAIRY / REFRIGERATED

- milk (1 $\frac{3}{4}$ c) - M
- eggs (6) - M
- shredded sharp cheddar cheese (1 c) - M
- goat cheese (4 oz) - W, *see note*
- Swiss cheese (8 slices) - F
- butter (4 T) - F

BREAD / PASTA / GRAINS

- pearl barley, NOT quick cooking ($\frac{3}{4}$ c) - Tu
- bread or rolls to serve with soup - Tu
- long grain white rice (2 c) - Th
- sandwich bread (8 slices) - F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- vegetable oil - M
- dried dill weed - M
- dried parsley - Tu
- dried thyme - Tu/Bonus
- bay leaves - Tu/Th/F
- red pepper flakes - W
- dried oregano - Th/F
- ground cumin - Th/F
- paprika - Bonus
- smoked paprika - Bonus
- garlic powder - Bonus
- onion powder - Bonus
- dry mustard powder - Bonus

PANTRY

- all-purpose flour - M
- baking powder - M
- granulated sugar - M
- red wine vinegar - W
- Dijon mustard - F
- mayonnaise - F
- brown sugar - Bonus

MEAT / FISH / PROTEIN

- deli ham (8-12 oz) - M/F
- boneless skinless chicken thighs (2 lb) - Tu
- 6 oz salmon fillets (4) - W
- boneless pork shoulder (3 lb) - Th/F

CANNED GOODS

- reduced sodium chicken broth (32 oz) - Tu
- 15 oz can black beans (1) - Th

OTHER

- sliced dill pickles (8 or more) - F
- potato chips for serving with sandwiches - F

NOTES

- If you don't care for goat cheese, it can be omitted or you can substitute feta or blue cheese (W).
- You'll need to make the Bonus recipe to season the salmon (W). If you choose not to make the Bonus recipe, purchase ingredients to season the salmon in another way,

