Rachel Cooks
MEAL PLAN #90

MONDAY

Moroccan Stew with Butternut Squash and Chickpeas

- *Serve this vegetarian stew with couscous, which is a fine-grained pasta that is ready to eat in just 5 minutes. If you prefer, rice or quinoa are good substitutes.*
- *Makes 6 servings but leftovers are perfect for a quick lunch.*

TUESDAY

Instant Pot Ribs and Healthy Coleslaw

- *Serve the ribs with homemade coleslaw and other sides of your choice. The coleslaw can be made ahead and would go well with teriyaki salmon (W), too. Consider making a double batch (adjust grocery list accordingly).*
- *If you prefer, slow cooker ribs are a good alternative.*

WEDNESDAY

Teriyaki Salmon

- *Serve the salmon with sides of your choice. I like to serve it with jasmine rice and steamed broccoli but if you have leftover carrots (M), you could cook carrots as a side.*
- *You'll need an oven-safe skillet to prepare this recipe.*

THURSDAY

Feta Stuffed Chicken with Sun-Dried Tomato and Kale

- *These stuffed chicken breasts are fairly easy to make and can be made ahead and baked when you're ready.*
- *Serve the chicken with sides of your choice. Crispy roasted potatoes go well and can be baked at the same time.*

FRIDAY

Sausage Dip with Tortilla Chips

- *Although this popular dip is often served as an appetizer, it makes an easy and casual main dish, perfect for Friday nights. Serve it with plenty of tortilla chips. You could also include healthy dippers, like carrot and celery sticks, and sliced bell peppers.*

BONUS

Apple Quinoa Pancakes

- *Cooked quinoa adds extra protein to these hearty pancakes. Serve them with homemade apple compote (fried apples), if you have extra apples.*

NOTES

- *Cooking Quote of the Week: "You learn to cook so that you don't have to be a slave to recipes. You get what's in season and you know what to do with it." — Julia Child*

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GROCERY LIST FOR MEAL PLAN #90

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) - *M/Th/F*
- green onions (1 bunch) - *W/F*
- garlic (7 cloves or one head) - *M/W/Th*
- ginger root (1 tsp) - *W, see note*
- butternut squash (3 c or 1 medium squash) - *M*
- carrots (2) - *M*
- celery (2 stalks) - *M*
- kale (4 c) - *M*
- baby kale or baby spinach (1 ½ c) - *Th*
- shredded coleslaw mix (16 oz) - *Tu*
- cilantro (small bunch) - *M*
- oregano (2 tsp) - *Th, see note*
- orange (1) - *M*
- apples (2) - *Bonus*
- carrots, celery, bell peppers (optional healthy dippers) - *F*

MEAT / FISH / PROTEIN

- baby back ribs (1 rack, 3-5 lb) - *Tu, see note*
- 4 salmon fillets (6 oz each) - *W*
- 4 boneless skinless chicken breasts (2 to 2 ½ lb total) - *Th*
- ground pork sausage (1 lb) - *F*

DAIRY / REFRIGERATED

- plain Greek yogurt (¾ c) - *M/Tu*
- crumbled feta cheese (½ c) - *Th*
- unsalted butter (2 T) - *Th*
- cream cheese (8 oz) - *F*
- eggs (3) - *Bonus*
- milk (1 c) - *Bonus*

BREAD / PASTA / GRAINS

- couscous or rice for serving - *M*
- quinoa (⅔ c uncooked or 2 c cooked) - *Bonus*

CANNED GOODS

- 28 oz can diced tomatoes (1) - *M*
- vegetable broth (24 oz) - *M*
- 15 oz can chickpeas (1) - *M*
- chicken broth (8 oz) - *Tu*
- 10 oz can diced tomatoes with green chiles, such as Rotel (1) - *F*

OTHER

- golden raisins (½ c) - *M*
- liquid smoke (optional but recommended) - *Tu*
- sides of choice for salmon - *W*
- sides of choice for chicken - *Th*
- tortilla chips - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- canola oil - *Bonus*
- curry powder (2 tsp) - *M*
- cinnamon - *M/Bonus*
- red pepper flakes - *M*
- chili powder - *Tu*
- smoked paprika - *Tu*
- garlic powder - *Tu/F*
- onion powder - *Tu*
- celery seeds - *Tu*
- ground nutmeg - *Bonus*

PANTRY

- brown sugar - *Tu/W*
- granulated sugar - *Tu*
- maple syrup - *Bonus*
- apple cider vinegar - *Tu*
- white vinegar - *Tu*
- rice vinegar - *W*
- yellow mustard - *Tu*
- BBQ sauce (½ c) - *Tu*
- light mayonnaise (¼ c) - *Tu*
- soy sauce - *W*
- cornstarch - *W*
- panko breadcrumbs (1 c) - *Th*
- whole wheat flour - *Bonus*
- baking powder - *Bonus*

NOTES

- *St. Louis style ribs (spare ribs) can be substituted for the baby back ribs (Tu).*
- *Ground ginger (¼ tsp) can be substituted for fresh ginger root, but for the best flavor, we recommend fresh if it's available (W).*
- *Dried oregano (1 tsp) can be substituted for fresh (Th).*

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