

Rachel Cooks

MEAL PLAN #91

MONDAY



Roasted Cauliflower Soup

- Serve with crackers or bread for a simple vegetarian dinner.
- The roasted cauliflower is puréed into a velvety smooth soup, without any added cream or milk. Be sure to add at least one of the suggested garnishes.

TUESDAY



Honey Garlic Pork Chops with Mashed Sweet Potatoes

- Serve the pork chops and sweet potatoes with sautéed spinach or a green salad.
- The sweet potatoes serve 8 but are great leftover. Serve leftovers with the lemon pepper chicken (Th) or use in lunches.

WEDNESDAY



One Pan Rigatoni with Italian Sausage

- Serve with a crisp green salad of your choice.
- Feel free to substitute another type of pasta if you like. Reduce cooking time if you use a smaller pasta.

THURSDAY



Lemon Pepper Chicken

- You can use any cut of chicken: boneless skinless chicken breasts or thighs or bone-in chicken, including drumsticks. The chicken can be baked, grilled, or air fried.
- Serve the chicken with sides of your choice.

FRIDAY



Beef Nachos

- This meal can be made in just 30 minutes, including cooking the seasoned ground beef.
- The meat mixture can be made ahead which will reduce the prep time even more.

BONUS



Easy Pumpkin Pudding

- This semi-homemade pudding recipe is so easy, with just 4 ingredients. It takes just 5 minutes to make.
- Canned pumpkin is nutritious and inexpensive. Extra canned pumpkin can be frozen for later use.

NOTES

- Cooking Quote of the Week: "They say 'You are what you eat'. I don't remember eating a legend today." - Author Unknown





GROCERY LIST FOR MEAL PLAN #91

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 (3) - *M/W/F*
- sweet potatoes (4 large) - *Tu*
- garlic (9 cloves or 1 head) - *M/Tu/W/Th*
- cauliflower (1 head or 2 lb) - *M*
- red bell pepper (1) - *W*
- green bell pepper (1) - *F*
- parsley (optional garnish) - *Tu/W*
- lemon (1) - *Th*
- spinach or salad to serve with pork chops - *Tu*
- salad to serve with pasta - *W*

DAIRY / REFRIGERATED

- unsalted butter (6 T) - *M/Tu*
- milk (10 oz) - *Tu/Bonus*
- cream cheese (4 oz) - *W*
- shredded cheddar cheese (1 ½ c or more) - *F*
- shredded Monterey Jack cheese (1 ½ c or more) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- cayenne powder (optional) - *M*
- garlic powder - *Tu*
- dried oregano - *W*
- taco seasoning (2 T or 1.25 oz) - *F*
- pumpkin pie spice - *Bonus*

PANTRY

- honey - *Tu*
- low-sodium soy sauce - *Tu*
- apple cider vinegar - *Tu*
- cornstarch - *Tu*
- brown sugar - *Tu*
- vanilla bean paste - *Tu*

BREAD / PASTA / GRAINS

- crackers or bread for serving with soup - *M*
- rigatoni, or pasta of your choice (16 oz package) - *W*

OTHER

- fresh chives, green onions, chili crunch oil, shredded white cheddar, or red pepper flakes (optional garnishes) - *M*
- red wine (½ c) - *W*
- sides of choice for serving with chicken - *Th*
- Fresh cilantro, sour cream, salsa, guacamole, diced tomatoes, or pickled jalapeños for topping nachos - *F*
- instant vanilla pudding (3.4 oz) - *Bonus*
- whipped cream and/or pepitas for topping pudding (optional) - *Bonus*

MEAT / FISH / PROTEIN

- ½-inch thick boneless pork chops (4, about 1 ½ lb) - *Tu*
- uncooked Italian sausage (16-19.5 oz) - *W*
- chicken of choice (2 lb) - *Th*
- lean ground beef (1 lb) - *F, see note*

CANNED GOODS

- low-sodium chicken or vegetable broth (40 oz) - *M/W*
- 28 oz can crushed tomatoes - *W*
- canned 100% pure pumpkin (½ c) - *Bonus, see note*

NOTES

- Feel free to substitute ground turkey for the beef, or shredded chicken, if you prefer (*F*).
- Be sure to buy a can of plain 100% pure pumpkin, not pumpkin pie filling (*Bonus*).

