Rachel Cooks
MEAL PLAN #92

MONDAY

Easy Split Pea Soup

- *If you'd like to make this soup vegetarian, or serve it as a Meatless Monday meal, omit the ham. Replace the water with a good quality vegetable broth, and add 2 cloves of garlic, finely minced, and ½ teaspoon smoked paprika.*
- *Serve the soup with fresh bakery bread or soda crackers.*

TUESDAY

Shrimp and Broccoli Stir Fry

- *If you prefer, substitute another vegetable or mixture of vegetables for the broccoli. If you have carrots and celery left from Monday's recipe, they can be used in the stir fry.*

WEDNESDAY

Swedish Meatballs and Roasted Carrots

- *Served with egg noodles or mashed potatoes. Add your choice to the grocery list. To save time, you could cook extra noodles to use for the pizza pasta (F).*
- *If desired, you can make the Swedish meatballs ahead, bake them, and freeze them.*

THURSDAY

Ginger Chicken Thighs

- *Serve with sides of your choice. For an easy light meal, simply serve the chicken with a bagged Asian chopped salad.*
- *This is an air fryer recipe, but check out the post for instructions on how to prepare it in the oven if you prefer that method.*

FRIDAY

Pizza Pasta

- *If you made extra noodles with the Swedish meatballs, use them for this pizza pasta. Any type of cooked pasta can be used.*
- *Feel free to customize this easy recipe as you please.*

BONUS

Buttermilk Pancakes

- *These fluffy buttermilk pancakes will be a hit with your family. They're easy to make and are free of preservatives or artificial flavoring.*

NOTES

- *Cooking Quote of the Week: "The two biggest sellers in any bookstore are the cookbooks and the diet books. The cookbooks tell you how to prepare the food, and the diet books tell you how not to eat any of it." — Andy Rooney*

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GROCERY LIST FOR MEAL PLAN #92

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/Tu*
- green onions (1 bunch) - *Tu/Th*
- garlic (4 cloves) - *Tu/Th*
- ginger root (1) - *Tu/Th*
- carrots (2 lb) - *M/W*
- celery (2 stalks) - *M*
- broccoli florets (6 c or 1 head) - *Tu*
- cherry or grape tomatoes (1 c) - *F*
- baby spinach (2 c) - *F*
- thyme (2 T) - *M/W, see note*
- parsley (1 bunch) - *M/W*

DAIRY / REFRIGERATED

- whole milk (6 oz) - *W*
- buttermilk (8 oz) - *Bonus*
- eggs (2) - *W/Bonus*
- unsalted butter (6 T) - *W/Bonus*
- heavy cream (6 oz) - *W*
- shredded mozzarella cheese (1 ½ c) - *F*
- grated Parmesan cheese (½ c) - *F*

BREAD / PASTA / GRAINS

- dried split peas (16 oz) - *M*
- bread or crackers to serve with soup - *M*
- rice for serving with stir-fry - *Tu*
- noodles or mashed potatoes for serving with meatballs - *W*
- pasta of choice (8 oz) - *F*

MEAT / FISH / PROTEIN

- diced ham (8 oz) - *M*
- ham bone (optional) - *M*
- raw, peeled, deveined, medium shrimp, tails removed (1 lb) - *Tu*
- ground pork (1 lb) - *W*
- ground beef (1 lb) - *W*
- boneless (or bone-in) skin-on chicken thighs (4) - *Th*
- pepperoni (4 oz) - *F*
- deli ham (4 oz) - *F*

CANNED GOODS

- low-sodium beef broth (12 oz) - *W*
- pizza sauce (12 oz) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- bay leaf - *M*
- sesame seeds (optional) - *Tu/Th*
- garlic powder - *W*
- allspice - *W*
- ground nutmeg - *W*
- gochugaru Korean red pepper flakes - *Th, see note*

PANTRY

- reduced-sodium soy sauce - *Tu/Th*
- rice wine vinegar - *Tu/Th*
- brown sugar - *Tu/W*
- granulated sugar - *Bonus*
- honey - *Th*
- cornstarch - *Tu/Th*
- toasted sesame oil - *Tu/Th*
- Sriracha - *Tu*
- plain bread crumbs (1 c) - *W*
- Dijon mustard - *W*
- Worcestershire sauce - *W*
- all-purpose flour - *W/Bonus*
- vanilla extract - *Bonus*
- baking powder - *Bonus*
- baking soda - *Bonus*

OTHER

- lingonberry (or raspberry jam) for serving with meatballs - *W*
- sides of choice for serving with chicken thighs - *Th*
- pancake toppings - *Bonus*

NOTES

- *If desired, use dried thyme instead of fresh (M/W). The recipes include the amount you'll need for each recipe.*
- *If you're unable to find gochugaru Korean red pepper flakes, substitute crushed red pepper flakes.*

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