

Rachel Cooks

MEAL PLAN #93

MONDAY



One Pot Green Lentils with Sweet Potatoes and Kale

- This recipe makes 8 servings. Lentil stew keeps well for up to a week. Store leftovers in individual resealable containers for an easy lunch.
- If you have extra carrots and celery, cut them into sticks and serve them as a side with the chicken tenders (F).

TUESDAY



Walnut Crusted Salmon Sheet Pan Dinner

- This easy sheet pan dinner is a meal on one pan so cleanup is easy.
- If you prefer, Yukon gold or red potatoes can be substituted for sweet potatoes. You can easily substitute another nut for the walnuts, too.

WEDNESDAY



Vodka Pasta

- Serve with meat if you like. We like [baked Italian sausages](#) with bell peppers and onions but the pasta goes with pretty much anything. A simple salad may suffice.

THURSDAY



Farro Salad with Butternut Squash, Bacon, and Cranberries

- Farro can be cooked ahead of time; refrigerate or freeze until ready to use. [Instant Pot farro](#) is an easy way to cook farro.

FRIDAY



Baked Chicken Tenders and Air Fryer French Fries

- Enjoy the chicken tenders and French fries with this homemade [French fry sauce](#), if you like. Add ingredients to the grocery list if desired.
- You'll want to double the French fry recipe. Grocery list reflects a double batch.

BONUS



Pumpkin Dip

- This creamy sweet dip is always a hit at parties. It also makes a great dessert, snack, or lunchbox treat.
- Serve the dip with graham crackers, gingersnaps, sliced apples, animal crackers, pretzels, etc.

NOTES

- Cooking Quote of the Week: "In the kitchen, mistakes are just opportunities for delicious improvisation." — Chef Marcus Samuelsson





GROCERY LIST FOR MEAL PLAN #93

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/W
- shallots (6) - Tu
- garlic (4 cloves) - M/W
- sweet potatoes (2 large) - M/Tu
- Russet (Idaho) potatoes (2) - F
- butternut squash (3 cups cubed or 1 small squash) - Th
- carrots (2) - M
- celery (3 stalks) - M
- Brussels sprouts (16 oz) - Tu
- baby kale (10 oz) - M/Th
- parsley (small bunch) - M/W
- thyme - M, *see note*
- lemon (1) - M
- apple (1 large) - Tu

DAIRY / REFRIGERATED

- plain Greek yogurt or sour cream (for serving with lentils) - M
- plain Greek yogurt (½ c) - *Bonus*
- heavy cream (8 oz) - W
- butter (2 T) - W
- shredded Parmesan cheese (½ c plus more for garnishing) - W
- crumbled feta cheese (½ c) - Th
- egg (1) - F
- cream cheese (8 oz) - *Bonus*

BREAD / PASTA / GRAINS

- uncooked green lentils (2 c) - M, *see note*
- dried bulgur (½ c) - M
- penne pasta or your favorite type of pasta (16 oz) - W
- dry farro (3 c) - Th, *see note*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- paprika - Tu/F
- red pepper flakes - W
- ground cinnamon - Th
- garlic powder - F
- dried oregano - F
- pumpkin pie spice - *Bonus*

PANTRY

- chopped walnuts (⅓ c) - Tu
- coarse ground mustard - Tu
- pure maple syrup - Tu/Th
- apple cider vinegar - Th
- Dijon mustard - Th
- all-purpose flour - F
- panko breadcrumbs (1 ¼ c) - F
- pure vanilla extract - *Bonus*
- powdered sugar (2 c) - *Bonus*

OTHER

- dry white wine (½ c) - M
- vodka (¼ c) - W
- rum (2 T, optional) - *Bonus*
- side of choice to serve with vodka pasta - W
- dried cranberries (¾ c) - Th
- apple cider (⅓ c) - Th, *see note*
- dipping sauce for chicken tenders - F
- graham crackers, gingersnaps, sliced apples, animal crackers, and/or pretzels for pumpkin dip - *Bonus*

MEAT / FISH / PROTEIN

- salmon (16 oz) - Tu
- thick-cut bacon (5 slices) - Th
- chicken tenders (1 ¼ lb) - F
- meat to serve with vodka pasta, such as Italian sausage (optional) - W

CANNED GOODS

- reduced-sodium chicken or vegetable broth (32 oz) - M
- 6 oz can tomato paste (1) - W
- canned 100% pure pumpkin (1 c) - *Bonus*

NOTES

- If desired, use ½ tsp dried thyme instead of fresh (M).
- If green lentils aren't available, brown lentils can be substituted (M).
- Brown rice, couscous, or quinoa can be substituted for farro (Th).
- The apple cider you need is unfiltered apple juice, NOT apple cider vinegar or hard apple cider. It's often found in the produce department (Th).

