Rachel Cooks
MEAL PLAN #95

MONDAY

Zucchini Casserole

- *If desired, cooked brown rice, quinoa, farro, or barley can be substituted for the white rice.*
- *If you like, add cubed ham, cooked bacon, or another cooked meat to the casserole.*

TUESDAY

Chicken à la King

- *Serve chicken à la King on warm biscuits.*
- *If you're making the turkey breast on Thursday and you purchased a frozen breast, make sure it's in your fridge thawing today.*

WEDNESDAY

Red Wine Braised Short Ribs

- *Serve mashed potatoes and a fresh green salad with the short ribs.*
- *Although it sounds like a lot of meat (5 lbs.), much of the weight is in the bones.*

THURSDAY

Herb Roasted Turkey Breast with Mashed Sweet Potatoes

- *Save 3 cups of the cooked turkey to make turkey salad (F). The remainder can be frozen for easy meals later. This is an ideal recipe to use for food prepping.*
- *Serve the roasted turkey and sweet potato mash with sides of your choice.*

FRIDAY

Turkey Salad

- *Use leftover turkey from the herb roasted turkey breast. If you prefer, cooked chicken can be substituted.*

BONUS

Red Wine Spritzer

- *This festive wine spritzer is perfect for holiday entertaining. The recipe is written for 1 cocktail but it's very easy to make additional cocktails.*
- *Refer to the recipe card for variations you can make.*

NOTES

- *Cooking Quote of the Week: "I cook with wine. Sometimes I even add it to the food." – W.C. Fields*

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GROCERY LIST FOR MEAL PLAN #95

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

- onions (3) - *M/Tu/W*
- green onions (2) - *F*
- garlic (6 cloves) - *Tu/W/Th*
- large sweet potatoes (4) - *Th*
- potatoes for mashing - *W*
- zucchini (1 ¼ lb) - *M*
- white or baby bella mushrooms (8 oz) - *Tu*
- celery (6 stalks) - *W/F*
- carrots (2) - *W*
- parsley (1 bunch) - *Tu/W/Th*
- rosemary (6 sprigs) - *W/Th*
- thyme (8 sprigs) - *W/Th*
- oregano (1 sprig) - *W*
- sage (1 T chopped) - *Th*
- salad to serve with short ribs - *W*
- orange (1, for garnish) - *Bonus*

MEAT / FISH / PROTEIN

- cubed ham, bacon, or another meat to cook and add to the zucchini casserole (optional) - *M*
- chicken (3 c cooked) - *Tu*
- bone-in beef short ribs (5 lb) - *W*
- bone-in, skin-on turkey breast (7 to 7 ½ lb) - *Th*

DAIRY / REFRIGERATED

- eggs (2) - *M*
- sour cream (½ c) - *M*
- plain Greek yogurt (1 ½ c) - *M/F*
- shredded sharp cheddar cheese (4 oz or 1 c) - *M*
- grated Parmesan cheese (¼ c) - *M*
- butter (7 T, plus more for mashed potatoes) - *Tu/W/Th*
- half and half (8 oz) - *Tu*
- milk (¼ c, plus more for mashed potatoes) - *W/Th*

BREAD / PASTA / GRAINS

- white rice (2 c cooked) - *M*
- biscuits for serving with chicken à la king - *Tu*
- mashed potatoes for serving with short ribs - *W*
- wraps, croissants, or rolls to serve with turkey salad - *F*

CANNED GOODS

- chicken broth (8 oz) - *Tu*
- beef broth or stock (8 oz) - *W*
- tomato paste (1 T) - *W*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- garlic powder - *M*
- Italian seasoning - *M*
- bay leaf - *W*
- celery seed (not celery salt) - *F*

PANTRY

- panko bread crumbs - *M*
- all-purpose flour - *Tu/W*
- balsamic vinegar - *W*
- Worcestershire sauce - *W*
- Dijon mustard - *Th/F*
- brown sugar - *Th*
- vanilla bean paste (2 T) - *Th, see note*
- dried cranberries (½ c) - *F*
- apple cider vinegar - *F*
- honey - *F*

OTHER

- 4 oz jar diced pimentos (1) - *Tu, see note*
- frozen peas (1 c) - *Tu*
- dry red wine such as Pinot Noir or Cabernet Sauvignon (2 c) - *W*
- red wine for spritzer (1 bottle) - *Bonus*
- dry white wine or chicken broth (1 c) - *Th*
- sides of choice for serving with turkey and sweet potatoes - *Th*
- orange liqueur (at least 4 oz) - *Bonus*
- soda water (at least 16 oz) - *Bonus*

NOTES

- *If you don't care for pimentos or can't find them, you can substitute ½ cup finely diced red pepper (Tu).*
- *Vanilla extract can be substituted for the vanilla bean paste, but it will affect the flavor of the recipe, as it has a weaker vanilla flavor (Th).*

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