



DINNER

MONDAY



BUTTERNUT SQUASH QUINOA SALAD

This is one of those recipes that bring the seasonal feels right to your table! Hearty and easy to make for meatless Mondays!

TIP: Kale leaves can be tough to eat but massaging them in the dressing will help soften them and add flavor.

TUESDAY



POMEGRANATE ROASTED CHICKEN THIGHS

An easy and unique weeknight meal made with pomegranate molasses, zaatar, and a pop of freshness with lemon and arils!

Side dish ideas: [Couscous Salad](#), [Butternut Squash Fries](#)

WEDNESDAY



PUMPKIN SEED PESTO PASTA

I love using seasonal ingredients to bring new life to classic recipes. This uses pumpkin seeds and leafy greens for a unique pasta sauce!

TIP: Add a splash of pasta water to the pesto to help thin it out into the perfect consistency.

THURSDAY



GARLIC CILANTRO BAKED SALMON

Get ready to make the most delicious salmon that I make for my family on repeat! It's bursting with flavor and guaranteed to be a hit!

Side dish ideas: [Cilantro Lime Rice](#), [Cauliflower Florets](#)

FRIDAY



BAKED PASTA WITH GROUND TURKEY

Under a layer of melted, bubbly cheese, all the flavors blend together, creating the ultimate comfort food.

TIP: You can easily swap out the ground turkey for ground beef or chicken.

BREAKFAST

COTTAGE CHEESE PANCAKES



A protein-packed twist on traditional pancakes with a mild, tangy flavor and fluffy texture that's easy to make!

SNACK/DESSERT

PUMPKIN BARS



An easy, no-fail pumpkin dessert that everyone will love!