



DINNER

MONDAY



FARRO GRAIN BOWL

Grain bowls are my go-to for colder months—warm, hearty, and packed with colorful, nourishing ingredients like kale, squash, and nuts!

TIP: Cook the farro al dente so it doesn't get soggy when mixed with the dressing. You want it to have a bite to it for best texture.

TUESDAY



BEEF CHILI

Start by sautéing the aromatics until they're fragrant, toss in the spices, beef, and the rest and simmer for 20 minutes, that's it!

TIP: Double the batch for meal prepping or freeze some for a quick dinner option when you're short on time!

WEDNESDAY



ROASTED CHICKEN WITH GARLIC & HERBS

Roasting a whole chicken is so easy and such a great option when you want a minimal effort main dish. Pair with roasted sides for an even more effortless meal.

Side dish ideas: [Garlic Roasted Potatoes](#), [Roasted Broccolini](#)

THURSDAY



CHICKEN VEGETABLE SOUP

So cozy and comforting, this soup is packed with zucchini, carrots, celery, and chicken in a warm broth, and a burst of citrusy flavor!

TIP: Use any leftover roasted chicken from the night before!

FRIDAY



PAN SEARED SCALLOPS WITH PASTA

Cooking scallops at home is actually easier than you think, and the result is juicy tender pieces of fish that are perfect to toss with pasta.

TIP: Prevent overcooking by heating the pan before adding scallops. Watch for browning on one side, then flip immediately!

BREAKFAST

PUMPKIN PANCAKES



Quick and easy to make (ready in less than 30 minutes!) and seasoned with pumpkin spice!

SNACK/DESSERT

CARDAMOM CAKE



A simple, incredibly fragrant dessert with caramelized almonds for an extra tasty crunch.