



DINNER

MONDAY



VEGETARIAN BLACK BEAN CHILI

A hearty, meat-free meal perfect for those colder nights, but also just so flavorful, full of hearty ingredients, and easy to make!

TIP: Bulk it up with ground beef or chicken if you want to add even more protein! Just remember to add it to the grocery list.

TUESDAY



PECAN CRUSTED CHICKEN

The chicken is coated with finely chopped pecans adding a nutty flavor and crunchy texture. This recipe also works with almonds!

Side dish ideas: Roasted Cabbage, Baked Fries

WEDNESDAY



BUTTERNUT SQUASH MAC AND CHEESE

The creamy texture of the squash creates a lighter dish without additional cheese, while still being a comforting fall meal you'll love!

TIP: Pair with any leftover pecan chicken from the night before or with another protein like: Salmon Bites, Crispy Tofu

THURSDAY



EASY BUTTER CHICKEN

An easier, faster version of the traditional Indian dish that's a perfect weeknight dinner or make-ahead meal.

Side dish ideas: Basmati Rice, Homemade Flatbread

FRIDAY



OVEN FLANK STEAK

Cooking flank steak is super easy, and one of the best methods is to use your oven's broiler! It makes the process simple and delicious.

TIP: Choose your favorite steak marinade (*grocery list is for the Lemon Italian recipe*). Check out THE secret to tender flank steak!

BREAKFAST

SOUFFLE OMELETTE



Making the most light and fluffy omelette is easy with this quick two-step process.

SNACK/DESSERT

NO BAKE PUMPKIN CHEESECAKE



A buttery graham cracker crust, creamy pumpkin filling, and just 20 minutes to make before chilling.