

MONDAY



Creamy Pumpkin Pasta

Tip:

Pick a pasta with ridges. These will catch and help the sauce stick to the pasta!

TUESDAY



White Chicken Chili

Tip:

For a quicker option, add leftover shredded rotisserie chicken with the corn in step 4.

WEDNESDAY



Panko Crusted Salmon

Tip:

Salmon and asparagus cook on a sheet pan then pair with a side, like Brown Rice.

THURSDAY



Lemon Chicken Piccata

Side dish ideas:

- Plain pasta
- Mashed Potatoes

FRIDAY



Easy Beef Stew

Tip:

Start this one a little early so it has plenty of time to simmer, just in time for dinner!

SNACK/DESSERT



Pumpkin Snickerdoodles

Tip:

Give the dough the full 30 minute chill time so it's easier to scoop and roll.

Produce

yellow onions (2)
garlic (2 bulbs)
jalapeño (1)
Yukon Gold potatoes (1½ lb, loose)
carrots (1 lb bag)
celery (1 bunch)
asparagus (1 bunch, about 12 oz)
avocados (2)
lemons (3)

Fresh Herbs

fresh sage (1 small package)
fresh cilantro (1 bunch)
fresh parsley (1 bunch)

Refrigerated**Dairy**

whole milk (1 quart)
sour cream (8 oz container)
Parmesan cheese (8 oz block)
Monterey Jack cheese (8 oz, block or shredded)
unsalted butter (2 sticks)
eggs (1 dozen)

Frozen

frozen corn (16 oz bag)

Meat/Seafood

boneless skinless chicken thighs (1½ lb)
boneless skinless chicken cutlets (1½ lb, 4 pcs)
salmon fillets (4, 6 oz each)
beef stew meat (2 lb)

Pantry

olive oil or avocado oil
mayonnaise**
Dijon mustard**
rigatoni pasta (16 oz box)
pumpkin purée (2, 15 oz cans)
white beans (3, 15 oz cans)
diced green chiles (2, 4 oz cans)
tomato paste (1 small can)
low-sodium chicken broth (1 can)
beef or vegetable broth (1 quart carton)
capers (1 small jar)
panko breadcrumbs (1 container)
all-purpose flour
granulated sugar
light brown sugar
cream of tartar
baking soda
pure vanilla extract

Spices

dried thyme
garlic powder
paprika
ground cumin
Mexican oregano
chili powder
dried basil
bay leaves
ground nutmeg
pumpkin pie spice
cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand