

## MONDAY

**Creamy Mushroom Pasta****Tip:**

Cook mushrooms until browned before adding the milk for a deeper flavor.

## TUESDAY

**Pomegranate Chicken Thighs****Side dish ideas:**

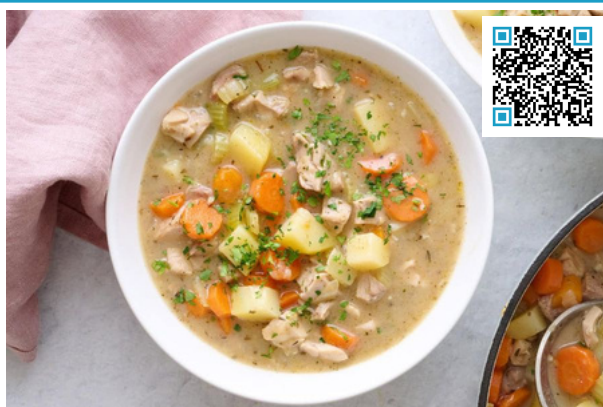
- Butternut Squash Quinoa Salad
- Lebanese Rice

## WEDNESDAY

**Spaghetti Squash Shrimp Scampi****Tip:**

Cut squash into even rings so the strands roast at the same rate.

## THURSDAY

**Chicken Stew****Tip:**

Cook the flour with the vegetables briefly before adding the broth.

## FRIDAY

**Pumpkin Chili****Tip:**

Rinse canned beans well before adding them to the chili.

## SNACK/DESSERT

**Halloween Chex Mix****Tip:**

Gently stir so the Chex and pretzels stay crunchy.

**Produce**

yellow onions (2 large)  
 garlic (2 bulbs)  
 shallot (1)  
 green bell pepper (1)  
 sliced mushrooms (2, 8 oz packs)  
 spaghetti squash (1, 2½–3 lb)  
 carrots (3)  
 celery (1 bunch)  
 potatoes (1 lb)  
 baby spinach (5 oz bag)  
 lemons (2)  
 pomegranate arils (4 oz cup, optional)

**Fresh Herbs** *optional*

fresh parsley (1 bunch)  
 green onions (1 bunch, optional)

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**Refrigerated****Dairy**

2% milk (1 pint)  
 salted butter (1 stick)  
 Parmesan cheese (4 oz wedge)  
 Greek yogurt (5.3 oz cup, optional)  
 cheddar cheese (8 oz block, optional)

**Frozen**

n/a

**Meat/Seafood**

chicken thighs, bone-in skin-on (6 pieces)  
 chicken thighs, boneless skinless (1½ lb)  
 raw shrimp, peeled and deveined (1 lb bag)  
 lean ground beef (1 lb)

**Bakery**

n/a

**Pantry**

olive oil or avocado oil  
 spaghetti (16 oz box)  
 pumpkin purée (15 oz can)  
 kidney beans (15 oz can)  
 black beans (15 oz can)  
 fire-roasted diced tomatoes (15 oz can)  
 tomato paste (6 oz can)  
 chicken broth (32 oz carton)  
 low-sodium vegetable broth (32 oz carton)  
 pomegranate molasses (small bottle)  
 Rice Chex (12 oz box)  
 pretzel snaps (12 oz bag)  
 kettle corn (7 oz bag)  
 mini marshmallows (10 oz bag)  
 M&Ms (10 oz bag)  
 butterscotch chips (11 oz bag)  
 chocolate chips (12 oz bag)  
 candy corn (11 oz bag)  
 all-purpose flour

**Spices**

|                   |                    |
|-------------------|--------------------|
| Italian seasoning | rosemary           |
| za'atar           | thyme              |
| paprika           | sage               |
| garlic powder     | crushed red pepper |
| oregano           |                    |
| chili powder      |                    |
| ground cumin      |                    |
| onion powder      |                    |

**Ingredient notes**

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand