MEAL PLAN | WEEK 43

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.

GROCERY LIST | WEEK 43

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)

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

Ingredient notes

* This ingredient can be used for many more recipes!
** You may have this staple on hand