MEAL PLAN | WEEK 44

MONDAY



Stuffed Acorn Squash

Tip:
Roast the squash cut-side down so the flesh turns tender.

TUESDAY



Taco Soup

Tip:
Bloom the spices with the beef before adding broth for deeper flavor.

WEDNESDAY



Chicken Stroganoff

Tip:
Stir in Greek yogurt off the heat to keep the sauce smooth.

THURSDAY



Butternut Squash Lasagna

Tip:
Cover the lasagna for the first 30 minutes, then uncover to brown.

FRIDAY



Air Fryer Salmon

Side dish ideas:

- Air Fryer Potatoes
- Sauteed Green Beans

SNACK/DESSERT



Apple Yogurt Cake

Tip:
Slice topping apples thinly so they soften as the cake bakes.

GROCERY LIST | WEEK 44

Produce

yellow onions (3)
garlic (2 bulbs)
acorn squash (2 medium)
butternut squash (1 large)
baby bella mushrooms (16 oz container)
baby spinach (5 oz bag)
lemons (2)
lime (1)
apples (2 large)

Fresh Herbs *optional*

fresh basil (1 bunch)
fresh parsley (1 bunch)

Refrigerated

Dairy

whole milk (1 quart)
whole milk Greek yogurt (16 oz tub)
ricotta cheese (15 oz tub)
shredded low-moisture mozzarella (16 oz bag)
eggs (1 dozen)

Frozen

frozen corn (12 oz bag)

Meat/Seafood

boneless skinless chicken breasts (2 lb)
lean ground beef (1 lb)
salmon fillets (4, 6 oz each)

Bakery

n/a

Pantry

olive oil
lasagna sheets (16 oz box)
egg noodles (12 oz bag)
chickpeas (15 oz can)
black beans (15 oz can)
kidney beans (15 oz can)
tomato sauce, no salt added (15 oz can)
diced green chiles (4 oz can)
low-sodium vegetable broth (32 oz carton)
chicken stock (32 oz carton)
oil-packed sun-dried tomatoes (8 oz jar)
walnuts (8 oz bag)
Dijon mustard
apricot jam (small jar)
all-purpose flour
granulated sugar
baking powder
baking soda
vanilla extract

Seasonings

ground cumin
taco seasoning
chili powder
paprika
garlic powder
dried sage
dried thyme
ground cinnamon

Ingredient notes

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