MEAL PLAN | WEEK 45

MONDAY



Farro Grain Bowl

Protein Add-on Ideas:

- Crispy Chickpeas
- Salted Edamame

TUESDAY



Beef Chili

Tip:
Make it ahead! Chili tastes even better the next day.

WEDNESDAY



Scallop Pasta

Tip:
Pat scallops very dry before searing for a golden crust.

THURSDAY



Whole Roasted Chicken

Side Dish Ideas

- Roasted Brussels Sprouts
- Garlic Mashed Potatoes

FRIDAY



Chicken Vegetable Soup

Tip:
Use any leftover roasted chicken from Thursday to save time!

SNACK/DESSERT



Cardamom Cake

Tip:
Let the cake cool before flipping to reveal the almonds.

GROCERY LIST | WEEK 45

Produce

yellow onions (2)
shallots (6 large)
garlic (2 bulbs)
bell pepper (1)
butternut squash cubes (16 oz bag)
kale (8 oz bag)
carrots (1 lb bag)
celery (1 bunch)
zucchini (1 small)
beets, cooked (16 oz pack)
Roma tomatoes (2)
cherry tomatoes (1 pint)
lemons (3)

Fresh Herbs optional

rosemary (1 bunch)
parsley (1 bunch)
dill (1 bunch)

Refrigerated

Dairy

crumbled feta (5 oz tub)
Greek yogurt (8 oz tub)
unsalted butter (1 stick)
eggs (6-count carton)

Frozen

n/a

Meat/Seafood

whole chicken (1, 3–5 lb)
boneless chicken breast (1½ lb)
lean ground beef (1 lb)
large sea scallops (1 lb)

Pantry

olive oil / avocado oil
cooking spray
balsamic vinegar (12 oz bottle)
linguine (1 lb box)
fire-roasted crushed tomatoes (28 oz can)
diced tomatoes with chiles (10 oz can)
kidney beans (2, 15 oz cans)
chipotle peppers in adobo (7 oz can)
farro (16 oz bag)
short-grain rice (16 oz bag)
Dijon mustard (8 oz jar)
shelled pistachios (6 oz bag)
sliced almonds (4 oz bag)
all-purpose flour
granulated sugar
brown sugar
baking powder
baking soda

Bakery

n/a

Spices

chili powder
cumin
dried thyme
ground cardamom

Ingredient notes

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