MEAL PLAN | WEEK 46

MONDAY



Butternut Squash Mac & Cheese

Tip:
Shred cheddar from a block so it melts smoothly.

TUESDAY



Pecan Crusted Chicken

Side dish ideas:
- Baked Sweet Potato Fries
- Greek Salad

WEDNESDAY



Vegetarian Black Bean Chili

Tip:
Rinse quinoa before adding; it cooks right in the chili.

THURSDAY



Easy Butter Chicken

Side dish ideas:
- Basmati Rice
- Homemade Naan

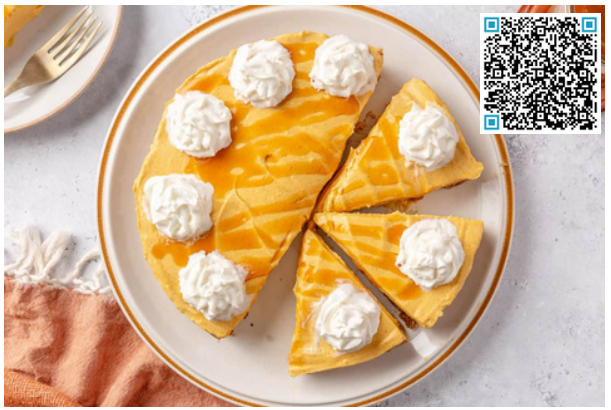
FRIDAY



Marinated Flank Steak

Side dish ideas:
- Parmesan Potatoes
- Mixed Green Ssalad

SNACK/DESSERT



No Bake Pumpkin Cheesecake

Tip:
Chill at least 8 hours or overnight to set.

GROCERY LIST | WEEK 46

Produce

yellow onions (3)
garlic (1 bulb)
ginger root (1 small piece)
butternut squash (1 medium)
green bell pepper (1)
jalapeño (1)
limes (2)

Fresh Herbs

n/a

Refrigerated

Dairy

unsalted butter (8 oz package, 2 sticks)
whole milk (1 quart carton)
sharp cheddar cheese (8 oz block)
plain Greek yogurt (5.3 oz cup)
cream cheese (2, 8 oz blocks)
heavy whipping cream (8 fl oz carton)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breasts (3½ lb)
flank steak (1½ lb)

Pantry

olive oil
cooking spray
elbow macaroni (16 oz box)
quinoa (12 oz bag)
crushed tomatoes (2, 28 oz cans)
black beans (2, 15 oz cans)
coconut milk (14 oz can)
pumpkin purée (15 oz can)
tomato paste (6 oz can)
low-sodium vegetable broth (32 oz)
red curry paste (4 oz jar)
Dijon mustard
honey
pecans (8 oz bag)
panko breadcrumbs
graham crackers (1 box)
granulated sugar
dark brown sugar

Bakery

n/a

Seasonings

cayenne pepper
chili powder
cinnamon
curry powder
garlic powder
garam masala
ground coriander
ground cumin
ground ginger
mustard powder
mustard seeds
paprika

Ingredient notes

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