



MONDAY



*Roasted Butternut Squash Salad*

TUESDAY



*One-Skillet Sweet Potato Burrito Bowls*

WEDNESDAY



*Chickpea and Rice Soup*

THURSDAY



*Slow Cooker Butternut Squash Chili*

FRIDAY



*Cheese Tortellini Bake with Roasted Broccoli*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/2 c.)
- bay leaf
- brown sugar (2 tbsp.)
- ground coriander (1/2 tsp.)
- balsamic vinegar (1 tbsp.)
- Italian seasoning (1 tsp.)
- chili powder (about 3 tbsp.)
- ground cumin (about 2 tbsp.)
- unsalted butter (1 tbsp.)
- red pepper flakes (1 pinch)
- turmeric (1/8 tsp.)
- dried thyme (1/2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 medium carrots
- 1 (3.5 lb.) butternut squash
- sweet bell peppers (1 c. chopped)
- 2 medium yellow onions
- broccoli (2 medium crowns)
- 1 jalapeno pepper
- baby spinach or arugula (2 c.)
- celery (1 stalk)
- sweet potatoes (1 lb.)
- 1 lime

DAIRY & OTHER REFRIGERATED ITEMS

- cheese tortellini (9 oz.)
- shredded mozzarella (1/2 c.)
- sour cream (small container)
- shredded cheddar (1 1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- white rice (1 c.)
- raw pecans (1/4 c.)
- brown rice (1/2 c.)
- dried cranberries (1/4 c.)

FROZEN

- corn kernels (1 c.)

CANNED & JARRED GOODS

- marinara sauce (1 c.)
- 3 (15-oz.) cans black beans
- 1 (28-oz.) can diced tomatoes
- 1 (14.5-oz.) can petite diced tomatoes
- 1 (15-oz.) can chickpeas

EVERYTHING ELSE

- vegetable broth (64 oz.)
- porter beer (1 c.)