



MONDAY



*Mushroom Thyme
Lentil Pot Pies*

TUESDAY



*Sage Polenta Bowls
with Veggies*

WEDNESDAY



*Roasted Spaghetti
Squash with Herbs*

THURSDAY



*Apple Cheddar
Pizza*

FRIDAY



*Fluffy Pumpkin
Pancakes*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 4 1/2 tbsp.)
- vanilla extract (2 tsp.)
- brown sugar (1 tbsp.)
- cornstarch (2 tbsp.)
- soy sauce/tamari (1 tbsp.)
- all-purpose flour (2 1/2 c.)
- baking powder (1 tbsp.)
- dried thyme (1 tbsp.)
- unsalted butter (1/4 c.)
- granulated sugar (1/3 c.)
- baking soda (1/2 tsp.)
- pumpkin pie spice (2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 small carrots
- 1 (4 lb.) spaghetti squash
- 1 bunch cilantro
- 1 small yellow onion
- 4 oz. fresh wild mushrooms
- 1 lb. Brussels sprouts
- 1 bunch flat-leaf parsley
- 1 large yellow onion
- about 1 lb. cremini mushrooms
- 1 honeycrisp apple
- 1 pkg. fresh sage

DAIRY & OTHER REFRIGERATED ITEMS

- 3 eggs
- buttermilk (2 c.)
- grated parmesan cheese (1 1/4 c.)
- shredded aged cheddar (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- instant polenta (1 c.)
- puy or beluga lentils (1 1/2 c.)
- chopped walnuts (2 tbsp.)
- blanched hazelnuts (1/4 c.)

FROZEN

- puff pastry (1 sheet)

CANNED & JARRED GOODS

- tomato paste (1 tbsp.)
- pumpkin puree (1 c.)

EVERYTHING ELSE

- maple syrup (1 tbsp.)
- 1 prepared pizza crust (or 1 lb. dough)
- dry red wine (2 tbsp.)
- vegetable stock (2 c.)