



MONDAY



*Creamy Wild Rice & Mushroom Soup*

TUESDAY



*Broccoli Cheddar Pot Pies*

WEDNESDAY



*Italian Spaghetti Squash Fritters*

THURSDAY



*Autumn Nourish Bowls*

FRIDAY



*Pumpkin Sage Baked Ziti*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (11 tbsp.)
- rice wine vinegar (2 tbsp.)
- tamari/soy sauce (2 tsp.)
- maple syrup (2 tsp.)
- all-purpose flour (1 c. + 3 tbsp.)
- dried thyme (1 tsp.)
- cayenne pepper (pinch)
- ground nutmeg (pinch)
- red pepper flakes (pinch)

FRESH PRODUCE

- 1 head garlic
- 3 large shallots
- 1 medium sweet potato
- 1 medium spaghetti squash
- 1 lb. Brussels sprouts
- 1 lb. white or cremini mushrooms
- 1 bunch celery
- 1 large carrot
- 2 small heads broccoli
- 1 small bunch kale
- 1 lemon
- 1 bunch parsley
- 1 pkg. fresh sage

DAIRY & OTHER REFRIGERATED ITEMS

- 2 eggs
- reduced-fat milk (3 1/2 c.)
- reduced-fat sour cream (3/4 c.)
- whole milk ricotta (1/2 c.)
- grated parmesan (1/2 c.)
- shredded sharp white cheddar (7 oz.)
- white miso (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1 c.)
- 8 oz. whole wheat penne
- instant/quick-cooking wild rice (1 c.)

CANNED & JARRED GOODS

- pumpkin puree (1 c.)
- 1 (15-oz.) can chickpeas
- tahini (1/4 c.)
- 1 (24-oz.) jar marinara sauce

FROZEN

- puff pastry (1 sheet)

EVERYTHING ELSE

- white wine (1/3 c.)
- vegetable broth (4 c.)
- panko breadcrumbs (1/4 c.)