

# WEEKLY MEAL PLAN

## MONDAY - PUMPKIN MAC AND CHEESE

- 2 large shallots
- 4 garlic cloves
- 1 head of lacinato kale
- 1/2 cup vegetable broth (or bouillon to make your own)
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage
- 1 teaspoon turmeric
- 1 (15 ounce) can pumpkin puree
- 1/3 cup nutritional yeast
- 1/2 cup unsweetened plain milk

## TUESDAY - TURKEY SAUSAGE CHILI

- 1 medium red onion
- 2 cloves garlic
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeno
- 1 cup cubed butternut squash
- 2 tablespoons freshly chopped cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 tablespoon tomato paste
- 15 ounce can cannellini beans
- 2 cups chicken stock
- 16 ounces turkey sausage

## WEDNESDAY - SOUTHWEST SKILLET

- 3 medium sweet potatoes
- 1/3 cup cilantro
- 1 to 2 green onions
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- about 1/3 cup low-sodium vegetable broth
- Salsa, for serving
- Hot sauce, for serving
- 1/2 cup grated pepper jack cheese
- 4 large eggs

## THURSDAY - CHICKEN RICE SOUP

- 1 large yellow onion
- 2 large carrots
- 2 stalks celery
- 4 cloves garlic
- 1 teaspoon Italian Seasoning
- 1 teaspoon Oregano
- 1 teaspoon dried basil
- 1/2 teaspoon sea salt
- 1/2 cup dry brown rice
- 4 cups low-sodium chicken broth
- 1/4 cup dry white wine
- 1 pound boneless, skinless chicken breasts

## FRIDAY - BUTTERNUT SQUASH TORTELLINI

- 1 medium butternut squash
- 1 large yellow onion
- 3 cloves garlic
- 1 1/2 cups vegetable broth
- 12-16 oz fresh cheese tortellini
- 1 1/2 cups shredded Gouda cheese