

# WEEKLY MEAL PLAN

**Mon**

## Stuffed Delicata Squash

2 delicata squash  
1 yellow onion 1 clove garlic  
1 cup fresh or frozen corn  
1/4 cup chopped fresh cilantro  
juice of 1/2 lime  
1 lb. lean ground turkey  
grated cheese, for serving (optional),  
2 tablespoons olive oil  
2 tablespoons chili powder  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
(1) 15 oz. can black beans  
(1) 15 oz. can tomato sauce

**Tues**

## Quinoa Casserole

1 yellow onion  
1 red bell pepper  
1 zucchini  
1 yellow summer squash  
2 cloves garlic  
fresh basil, chopped, for topping  
1 teaspoon dried basil  
½ teaspoon dried oregano  
1 teaspoon salt  
1 cup dry quinoa  
2 cups tomato spaghetti sauce  
8 oz mozzarella cheese, shredded or fresh  
2 medium chicken breasts

**Wed**

## Butternut Squash Bisque

1 large butternut squash  
1/2 yellow onion  
6 fresh sage leaves  
1 cup full-fat canned coconut milk  
1 tbl pure maple syrup  
1/4 tsp ground cinnamon  
1/4 cup canola oil

**Thurs**

## Tomato Basil Pasta

2 teaspoons minced garlic  
1/2 cup fresh basil leaves  
2 tablespoons olive oil  
2 tablespoons tomato paste  
pinch red pepper flakes  
1 (28 ounce) can crushed tomatoes  
1/4 cup dry white wine  
1 pound pasta  
1/2 cup heavy cream  
1/4 cup grated parmesan cheese, plus more for serving

**Fri**

## Sweet Potato and Rice Salad

1 medium red onion  
1 ¼ pounds sweet potatoes  
1 medium apple  
1 clove garlic  
5 cups lightly packed arugula and baby spinach mix  
½ teaspoon ground cinnamon  
dash of ground nutmeg  
1 tablespoon pure maple syrup  
1 ½ tablespoons apple cider vinegar  
½ cup uncooked brown rice or wild rice blend  
½ cup raw pecan halves  
⅓ cup dried figs