

WEEKLY MEAL PLAN

Mon

Butternut Squash & Bacon Macaroni and Cheese

1 medium butternut squash
3 shallots
1 tbsp olive oil
1 tsp dried rosemary
10 oz rotini pasta (could also use penne or macaroni)
1/4 cup flour
2 cups milk (I used skim)
2 cups Italian blend cheese
6 slices bacon

Tues

Skillet Fajita Chicken Skillet with Rice

1 medium yellow onion
1 small green bell pepper
1 small red bell pepper
1 small yellow bell pepper
1 lime, cilantro
1 (10 ounce) can diced tomatoes with green chili peppers
1 3/4 cups chicken broth
2 cups instant white rice
1 tablespoon olive oil
2 1/4 teaspoons fajita seasoning
1 cup shredded cheddar cheese
1 cup shredded Monterey Jack cheese
12 ounces chicken sausage

Wed

Vegetarian Pasta e Fagioli

1 onion, 2 celery ribs
4 garlic cloves, minced
1 small butternut squash (3 cups cubed)
2 to 3 cups swiss chard (any kind), leaves only chopped
1/4 cup minced fresh parsley + more for garnish
1 teaspoon dried oregano
2 (28-ounce) cans crushed tomatoes
2 (15-ounce) cans cannellini beans, rinsed
3 1/2 cups vegetable broth + more if needed
1/2 lb. cooked elbow pasta

Thurs

Quinoa Vegetable Soup

1 medium onion, 2 garlic cloves
1 cup celery, 1 medium zucchini
1 1/2 cup grape tomatoes
3 cups kale
1/4 cup fresh parsley or 2 tablespoons dried
2 tablespoons olive oil
(1) 14.5 ounce can diced tomatoes
1 teaspoon dried basil
(2) 32 ounce cartons vegetable broth
1/2 cup quinoa
(1) 15 ounce can white beans

Fri

BBQ Pulled Chicken Smoked Mozzarella Sliders

1 1/2 cups barbecue sauce
1 dozen slider rolls
(4) bone-in skinless chicken breasts
1/2 - 1 lb. smoked mozzarella cheese (or your favorite)

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