

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 (1 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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