

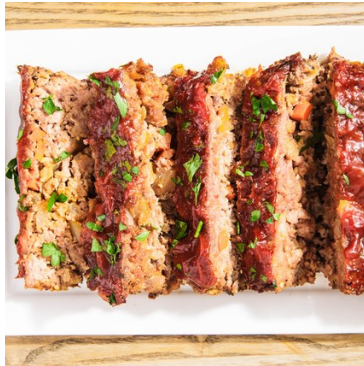
# WEEKLY DINNER MENU

## MONDAY



Carrot and Coriander Soup

## WEDNESDAY



Classic Meatloaf

## FRIDAY



Brown Butter Butternut Squash Pasta

### GROCERIES

- 6 cups low-sodium vegetable broth
- 5 cloves garlic, minced
- 2 large eggs
- 2 large red onions
- 1 large butternut squash
- 1 stalk celery
- 1 carrot
- 1 cooking onion
- 1 jalapeno
- 1 stick + 1 tbsp. butter
- 2 lb. carrots
- 2 lb. ground beef
- 1 lb. bucatini
- 1 lb. sausage
- 1/2 cup breadcrumbs
- 1/2 cup ketchup
- 1/4 cup shaved parmesan

- 1/4 cup packed fresh cilantro leaves, plus stems, separated, plus more leaves for garnish
- 4 tbsp. extra-virgin olive oil, divided
- 3 tbsp. extra-virgin olive oil
- 2 tbsp. packed brown sugar
- 1 tbsp. butter
- 1 tbsp. tomato paste
- 1 tbsp. freshly chopped sage
- 2 tsp. freshly chopped thyme
- 1 tsp. ground coriander
- 1 tsp. Worcestershire sauce
- Kosher salt
- Freshly ground black pepper
- Crushed red pepper flakes
- Lime wedges
- Freshly chopped parsley
- Cooking spray

### TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers