

MONDAY



Butternut Squash Soup

WEDNESDAY

Skillet Chicken
With Grapes and
Caramelized Onions

FRIDAY

Pecan, Pear and
Pomegranate Salad

GROCERIES

4 garlic cloves
 2 small pears
 2 pounds chicken
 thighs with skin
 (4-5 thighs)
 1 bunch kale
 1 large butternut
 squash (about 3
 pounds)
 1 yellow onion, thinly
 sliced
 3-4 cups (24-32
 ounces) vegetable
 broth
 2 cups red California
 grapes
 3/4 cup dry red wine
 3/4 cup fresh pecan
 halves
 1/2 cup chicken broth
 1/2 cup flour
 1/2 cup chopped
 shallot (about 1 large
 shallot bulb)

1/2 cup pomegranate
 seeds
 1/3 cup apple cider
 vinegar
 3-4 tablespoons
 butter
 2 tablespoons coarse
 grain mustard
 1 teaspoon
 maple syrup
 1/2 teaspoon salt
 1/2 teaspoon chili
 powder
 1/4 teaspoon thyme
 1/4 teaspoon allspice
 1/8 teaspoon ground
 nutmeg
 Olive oil
 Freshly ground black
 pepper
 Kosher salt
 Parsley for topping

TUESDAY, THURSDAY
AND THE WEEKEND

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