

MONDAY



Stuffed Acorn Squash

WEDNESDAY



Sweet Potato Gnocchi

FRIDAY

Salmon Tacos With
Pineapple Salsa

GROCERIES

8 flour/corn tortillas	1 ½ cup all-purpose flour
3 acorn squash	1 cup farro
3 sprigs fresh thyme	¾ cup pineapple salsa (purchased or homemade)
2 stalks celery	½ cup whole wheat flour
2 cloves garlic	¼ cup ricotta
2 slices bacon	4 ½ tablespoons olive oil
1 large egg	2 tablespoons maple syrup
1 yellow onion	2 tablespoons butter
1 bunch kale	1 tablespoon bourbon
1 lime	1 teaspoon paprika
1 pound salmon fillet	1 teaspoon chili powder
½ pound sweet Italian sausage	Cilantro and hot sauce (optional)
1 pound sweet potatoes (about 2 potatoes)	Grated nutmeg
1 (9-ounce) package coleslaw mix	Salt and pepper
2 cups apple cider vinegar	

TUESDAY, THURSDAY
AND THE WEEKEND

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