

# WEEKLY DINNER MENU

## MONDAY



Pumpkin-Coconut Curry

## WEDNESDAY



Fall Harvest Kale Salad

## FRIDAY



Butternut Squash and Black Bean Enchilada Skillet

### GROCERIES

8 yellow corn tortillas, cut into strips  
 7 cloves garlic  
 2 heads kale, shredded  
 2 honey crisp apples, thinly sliced  
 1 large tomato, peeled and chopped (or 1 can diced tomatoes)  
 1 red onion, finely chopped  
 1 yellow onion, diced  
 1 hot red chili pepper, sliced  
 1 pomegranate, seeded  
 1 shallot, thinly sliced  
 ½ jalapeno, seeded and diced  
 3 ounces thinly sliced prosciutto

One 15-ounce can black beans  
 One 15-ounce can red enchilada sauce  
 5 ½ cups butternut squash, diced into small cubes  
 2 ½ cups pumpkin  
 2 cups coconut milk  
 1 cup Colby jack or Mexican cheese  
 1 cup olive oil  
 ½ cup crumbled feta  
 1/3 cup pumpkin seeds  
 2 tablespoons apple cider vinegar  
 1 ¼ tablespoons finely grated ginger  
 1 tablespoon fig preserves  
 1 tablespoon thyme leaves

1 tablespoon maple syrup  
 1 ½ teaspoons garam masala (substitute: curry powder)  
 1 ½ teaspoon ground coriander  
 1 ¼ teaspoon chili powder  
 1 ¼ teaspoon cinnamon  
 1 teaspoon black mustard seeds  
 1 teaspoon turmeric  
 2 teaspoons ground cumin  
 Salt and pepper

### TUESDAY, THURSDAY AND THE WEEKEND

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