

MONDAY



Butternut Squash
Casserole

WEDNESDAY



Crockpot Chicken
Noodle Soup

FRIDAY



Sheet Pan Pineapple
Chicken Fajitas

GROCERIES

12 corn tortillas	1 medium bunch kale	4 teaspoons
6 slices bacon	10 cups low-sodium	fresh/dried rosemary
4 onions	chicken broth	5 1/2 teaspoons
3 parsnips	1 cup shred gruyere (or	fresh/dried thyme
3 whole carrots	Swiss) cheese	3 teaspoons
3 cloves garlic	1/2 cup roasted	chili powder
2 1/2 pounds	almonds	2 teaspoons
butternut squash	3 tablespoons olive oil	ground cumin
2 stalks celery	2 tablespoons	1 teaspoon garlic
2 (8-ounce) cans	salted butter	powder
unsweetened pineapple	2 tablespoons honey	Salt and pepper
tidbits	2 tablespoons lime juice	
2 large bell peppers	2 tablespoons	
1 1/2 pounds chicken	coconut oil	
tenderloins	1 tablespoon	
1 1/2 pounds	jalapeno pepper	
boneless chicken	1 tablespoon	
1 bay leaf	sage leaves	
1 (8-ounce) package	1 tablespoon apple	
egg noodles	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