

On The Menu

Monday

Wild Rice, Butternut Squash, and Broccoli Casserole

Tuesday

Beef Stroganoff

Wednesday

Orange Chicken

Thursday

Delicata Squash Sheet Pan Dinner

Friday

Pizza Quesadilla

Saturday

Sunday

Grocery List

Pantry

- 4 TBS olive oil
- 2-3 TBS cornstarch or arrowroot starch
- 1 cup chicken broth
- 2 cups beef broth
- 1 ½ TBS Worcestershire sauce
- 3 TBS flour
- 1/2 cup honey
- 2 TBS coconut sugar
- 1/3 cup soy sauce
- 1/4 cup rice wine vinegar
- 1 TBS cornstarch
- 1 tsp parsley
- ½ tsp dried thyme
- 1 tsp paprika
- 2 tsp garlic powder
- 2 tsp salt
- 1 tsp pepper
- 1/2 tsp white pepper
- Zest of one orange
- 2 8.8 oz bags of wild long grain rice mix
- 1 pound egg noodles of choice

Meat

- 2 cups chopped rotisserie chicken
- 1 lb lean ground beef (grass-fed)
- 2 lb boneless, skinless chicken breast tenderloins, cut into bite-sized pieces
- 12 oz apple chicken sausage links (nitrate and nitrite-free)

Produce

- 6 cloves garlic, minced
- 1 small onion, diced
- 1 red onion
- 8 oz fresh mushrooms, diced
- 2 celery stalks
- 1 inch freshly grated ginger
- 2 delicata squash
- 2 cups finely chopped kale (pre-chopped)
- 2 red apples
- Fresh parsley (optional)

Frozen

- 10 oz bag steamable butternut squash
- 1 10 oz bag frozen broccoli

Dairy

- 1 cup plain Greek yogurt
- 1 ½ cups finely shredded Parmesan cheese

Other

- ½ cup orange juice