



# Healthy Meal Plans for Fall & Winter

## Week 2 at a Glance + Grocery List

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Sweet Potato and Black Bean Chili</a>	<a href="#">Baked Lemon Garlic Chicken</a> with <a href="#">Loaded Cauliflower Mash</a>	<a href="#">Pumpkin Pasta with Spicy Sausage</a>	<a href="#">Zuppa Toscana</a>	<a href="#">Pork Chops with Goat Cheese Butter</a> with <a href="#">Warm Honey Roasted Butternut Squash Salad</a>

### Produce

- 3 small onions
- 3 heads of garlic
- 2 large sweet potatoes (about 4 cups)
- 3 c. baby potatoes
- 6 c. butternut squash cubes
- Avocado\*
- 1 head cauliflower
- 5 c. kale
- 2 ½ c. baby spinach
- 1 c. fresh cranberries
- 2 lemons
- Chives
- Cilantro\*
- Fresh parsley (can sub dried)\*
- Fresh thyme (can sub dried)

### Meat

- 1 ½ lb ground turkey
- 1 ¼ lb boneless skinless chicken thighs (or sub breasts)
- 8 slices nitrate free turkey bacon
- 2 ⅓ lb [spicy Italian turkey or chicken sausage](#)
- 4 (4 oz.) pork chops

### Refrigerated

- 1 cup Shredded cheddar cheese
- 2T Parmesan cheese
- 3T butter or vegan butter
- ⅓ cup parmesan or pecorino romano
- ⅔ cup goat cheese

### Pantry/Canned

- Olive oil
- 1 (15 oz) can black beans
- 1 (14.5oz) can fire roasted tomatoes
- 2 cartons chicken stock/broth
- Maple syrup
- Honey
- 1 cup pumpkin puree
- 1 cup of full fat coconut milk (I love So Delicious Culinary Coconut Milk)
- 3 c. cooked gluten free or whole grain pasta (2 c.raw for IP pumpkin pasta)
- 1 jar roasted red peppers

### Spices

- Himalayan or sea salt
- Black pepper
- Chili powder
- Paprika
- Cumin
- Onion powder
- Garlic powder
- Dried oregano
- Cayenne pepper
- Red pepper flakes
- Cinnamon

\* Denotes optional ingredient- see specific recipe posts for more information