



Healthy Meal Plans for Fall & Winter

Week 4 at a Glance + Grocery List

Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf and Mashed Potatoes with Carrots or Momma's Meatloaf	Taco Stuffed Acorn Squash	Maple BBQ Chicken or BBQ Chicken with Delicata Squash Fries	Sausage Broccoli Pasta	Chicken Tortilla Soup or Slow Cooker Chicken Tortilla Soup

Produce

- 2 onions
- 2-3 bulbs of garlic
- fresh parsley (can sub dried)
- 3 c. potatoes (4 c. for oven meatloaf)
- 3 c. carrots (4 c. for oven meatloaf)
- 2 large acorn squash
- Delicata squash (1 squash = ~2 c. of fries)
- 2-4 cups of fresh broccoli florets
- 1 jalapeno
- Avocado*
- Lime*
- Cilantro*

Meat

- 3-3½ lb lean, grass fed ground beef
- 1 -2 lb boneless, skinless chicken tenderloins, breasts, or thighs
- 1 lb spicy or sweet Italian poultry sausage
- 1¼ lb boneless skinless chicken breasts

Refrigerated/Frozen

- 3 T butter, vegan butter, or ghee
- ½ c. of shredded pecorino romano, plus more for topping
- 1 egg (2 for oven meatloaf)
- 1 c. Parmesan cheese
- ⅔ c. sharp cheddar cheese
- 1½ c. frozen corn

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

Pantry/Canned

- Olive oil
- Cooking spray (olive, avocado, or coconut oil sprays will all work)
- 2 cartons chicken broth or stock
- 2 (8 oz) can tomato sauce
- 1 (6 oz) can tomato paste
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can black beans
- Thickener of your choice (arrowroot, tapioca, cornstarch, etc)*
- Pure maple syrup
- Apple cider vinegar
- Coconut aminos (can sub low sodium soy sauce)
- Yellow mustard
- ¼ cup seasoned breadcrumbs (½ cup for oven meatloaf)
- 1½ cups of uncooked pasta
- 4 corn tortillas

Spices

- Himalayan or sea salt
- Black pepper
- Garlic powder
- Chili powder
- Cayenne*
- Cinnamon*
- [Salt Free Taco Seasoning](#)
- Paprika
- Onion powder
- Crushed red pepper
- Ground cumin