

MEAL PLAN

Below you'll find a sample schedule for this week's meals!

number of servings: 16 total



MONDAY

VEGETARIAN MEAL #1

Harvest Stuffed Squash

RECIPE PAGE 256 / SERVES 4



TUESDAY

CHICKEN MEAL #1

Barbecue Chicken Casserole with Sweet Potato

RECIPE PAGE 30 / SERVES 6



WEDNESDAY

VEGETARIAN MEAL #2

Yellow Curry with Squash and Crispy Spiced Tofu

RECIPE PAGE 257 / SERVES 4



THURSDAY

CHICKEN MEAL #2

Baked Chicken Chimichangas with Beans and Slaw

RECIPE PAGE 151 / SERVES 4

SHOPPING LIST

FRESH PRODUCE

- Acorn squash, medium, 3
- Brussels sprouts, 8 ounces
- Cabbage, purple, ½ head (about 4 cups)
- Carrots, shredded, ½ cup
- Cilantro, 1 bunch
- Collard greens, 1 bunch
- Cranberries, fresh or frozen, ½ cup
- Jalapeno, 1
- Lemons, 2
- Limes, 4
- Onion, red, ¼
- Orange, small, 1
- Parsley, 8 stems
- Sweet Potatoes, 3 pounds

MEAT

- Chicken breasts or tenders, boneless, skinless, 4 pounds
- Tofu, 1 (14-ounce) block

DAIRY

- Butter, salted, 5 tablespoons
- Mexican-style cheese, shredded, 8 ounces (2 cups)
- Sour cream, 4 ounces (1/2 cup)
- Yogurt, 4 ounces (1/2 cup)

PANTRY

- Barbecue sauce, 6 fluid ounces (¾ cup)
- Beans, refried, 9 ounces (1 cup)
Coconut milk, full-fat, 1 (13.5-ounce) can
- Fish sauce, 1 teaspoon
- Olive oil, extra-virgin, 4.5 fluid ounces (1/2 cup, plus 1 tablespoon)
- Quinoa, tricolor, 12.7 ounces (2 cups)
- Red curry paste, 2 teaspoons
- Salsa, red, 8 fluid ounces (1 cup)
- Soy sauce, 2 tablespoons
- Tortillas, flour, large 12-inch, 8

SPICES

- Chili powder, mild, 1 tablespoon
- Cumin, ground, 1 tablespoon plus ½ teaspoon
- Garlic powder, ½ teaspoon
- Onion powder, ½ teaspoon
- Oregano, dried, ½ teaspoon
- Red pepper flakes, 1 teaspoon

MEAL PREP CHECKLIST

If you'd like to get a head start on prepping for these dinner series, here's a quick cheat sheet of prep that you can knock out a full day in advance.

- ✓ Press the tofu for the Yellow Curry. Press the tofu for at least 10 minutes, or as long as you have time for. Once it is fully drained of water, cut the tofu into 1-inch cubes, then line an airtight container with paper towels and add the tofu cubes to it. Store in the refrigerator.
- ✓ Make the shredded chicken for the Barbecue Chicken Casserole and the Baked Chicken Chimichangas. Once cooked, transfer about 2 2/3 cup of the chicken to an airtight container and label 'Chimichangas.' Transfer the remaining chicken to an airtight container and label 'BBQ Chicken.' Store both containers in the refrigerator.
- ✓ Bake the acorn squash for the Harvest Stuffed Squash and the Yellow Curry. Transfer four of the roasted squash halves to airtight container in the refrigerator. Set the other two squash halves aside to make the Yellow Curry.
- ✓ Roast the shredded brussels sprouts for the Harvest Stuffed Squash on the same tray you are roasting the acorn squash on. Transfer to an airtight container and store in the refrigerator.
- ✓ Roast the sweet potatoes for the Barbecue Chicken Casserole on the lower oven rack at the same time that the acorn squash and brussels sprouts are roasting. Once cooked through, set aside to use to assemble the casserole.
- ✓ Cook the quinoa for the Harvest Stuffed Squash and the Yellow Curry. Once cooked, transfer half of the cooked quinoa (about 3 cups) to an airtight container and label 'Stuffed Squash.' Transfer the other half to a separate airtight container and label 'Yellow Curry,' then store both containers in the refrigerator.
- ✓ Make the orange yogurt sauce for the Harvest Stuffed Squash listed in step 7. Store in an airtight container in the refrigerator.
- ✓ Make the Yellow Curry with Squash. Scoop the flesh from two of the acorn squash halves, then add to a blender along with the coconut milk, lime juice, and fish sauce. Transfer to an airtight container and refrigerate.
- ✓ Assemble the Barbecue Chicken Casserole, then cover with foil and store in the refrigerator.