

meal plan

WEEK 1 // FALL HARVEST FOCUS

Monday:

- Dinner: Roasted Butternut Squash and Sage Risotto with Parmesan and a side of arugula salad (use the leftover risotto to stuff bell peppers for Wednesday's lunch).
- Leftover Lunch: Risotto-Stuffed Bell Peppers with a light green salad.

Tuesday:

- Dinner: Sheet Pan Honey-Mustard Chicken Thighs with roasted root vegetables (carrots, parsnips, and beets).
- Leftover Lunch: Chicken & Root Veggie Wraps with a yogurt-mustard dipping sauce.

Wednesday:

- Dinner: Pappardelle Pasta with Slow-Cooked Beef Ragu and a sprinkle of fresh basil and grated Pecorino.
- Leftover Lunch: Beef Ragu Baked Potatoes topped with a dollop of sour cream and herbs.
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Thursday:

- Dinner: Crispy Skin Salmon with a lemon-dill yogurt sauce, served alongside a warm farro and roasted Brussels sprout salad.
- Leftover Lunch: Farro Salad with Salmon Flakes and a lemon vinaigrette.
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Friday:

- Dinner: Homemade Pizza Night – Get creative with toppings like caramelized onions, fresh mozzarella, and seasonal veggies (like roasted mushrooms and kale).
- Leftover Lunch: Cold Pizza Slices with a simple green side salad.

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WEEK 2 // COZY COMFORTS

Monday:

- Dinner: Moroccan-Spiced Lamb Meatballs with a herbed couscous and mint yogurt sauce (use leftovers in a wrap for Tuesday's lunch).
- Leftover Lunch: Lamb Meatball Wraps with cucumber, tomato, and a drizzle of yogurt sauce.

Tuesday:

- Dinner: Hearty Lentil and Sausage Stew with a side of garlic bread.
- Leftover Lunch: Lentil Soup in a thermos with a slice of garlic bread.

Wednesday:

- Dinner: Sheet Pan Salmon Nicoise Salad with soft-boiled eggs, green beans, cherry tomatoes, olives, and herbed vinaigrette.
- Leftover Lunch: Nicoise Salad Wraps with salmon, eggs, and vegetables wrapped in a whole wheat tortilla.

Thursday:

- Dinner: Braised Chicken Thighs with White Wine and Mushrooms over polenta.
- Leftover Lunch: Chicken and Polenta Bowls with mushrooms and a side of sautéed spinach.

Friday:

- Dinner: Vegetarian Mushroom and Spinach Lasagna with layers of ricotta and Parmesan (use leftover lasagna for Saturday's lunch).
- Leftover Lunch: Cold Lasagna Slices or reheated with a fresh side salad.

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WEEK 3 // GLOBAL FLAVORS

Monday:

- Dinner: Thai Coconut Curry Shrimp with jasmine rice and a side of steamed broccoli.
- Leftover Lunch: Shrimp & Rice Bowls with a drizzle of extra curry sauce.

Tuesday:

- Dinner: Grilled Chicken Shawarma Bowls with herbed couscous, hummus, pickled veggies, and pita bread.
- Leftover Lunch: Shawarma Pita Pockets with hummus and pickled veggies.

Wednesday:

- Dinner: Butternut Squash and Black Bean Enchiladas with a smoky chipotle sauce.
- Leftover Lunch: Enchilada Burritos – wrap up the filling in a soft tortilla for an easy grab-and-go meal.

Thursday:

- Dinner: Korean Beef Bowls with quick-pickled veggies, sesame, and jasmine rice.
- Leftover Lunch: Korean Beef Lettuce Wraps with rice and pickled veggies.

Friday:

- Dinner: Margherita and Pesto Pizza night with fresh tomatoes, basil, and mozzarella.
- Leftover Lunch: Pizza Slices with a side of marinated artichoke hearts or a light salad.

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WEEK 4 // FALL HARVEST FOCUS

Monday:

- Dinner: Spaghetti Squash Bolognese with turkey meat and fresh herbs (use any extra bolognese for Wednesday's lunch).
- Leftover Lunch: Spaghetti Squash Boats with reheated bolognese sauce.

Tuesday:

- Dinner: Roast Chicken with Fall Vegetables (sweet potatoes, carrots, and fennel), served with a side of wild rice.
- Leftover Lunch: Chicken & Veggie Wraps with a lemon-garlic aioli.

Wednesday:

- Dinner: Pork Tenderloin with Apple Cider Glaze and a side of sautéed kale and mashed potatoes.
- Leftover Lunch: Pork Tenderloin Sliders with apple slices and mustard on crusty bread.

Thursday:

- Dinner: Vegetarian Chili with Sweet Potatoes and Black Beans topped with avocado and cilantro.
- Leftover Lunch: Chili Stuffed Sweet Potatoes with a drizzle of sour cream.

Friday:

- Dinner: Grilled Cheese and Tomato Soup – elevate it with a mix of cheeses like sharp cheddar and gruyère, served with roasted garlic tomato soup.
- Leftover Lunch: Grilled Cheese Dippers with reheated tomato soup.