



DINNER

MONDAY



FETA SPAGHETTI SQUASH

Satisfy your baked feta pasta craving with this light but flavorful option. Squash strands baked right in tomato and feta sauce.

Protein ideas: [Chicken Bites](#), [Shrimp](#), [Chickpeas](#)

TUESDAY



CHICKEN STEW

I've been adding this one to my dinner rotations during the Fall & Winter because it's just so easy, cozy, and seriously...so good!

TIP: Make sure to scrap up all the browned bits at the bottom of the pot.. that's where all the flavor is!

WEDNESDAY



BEEF STUFFED PEPPERS

A ground beef, rice and tomato sauce filling stuffed in peppers and topped with shredded mozzarella that gets melty & bubbly in the oven!

TIP: Choose round and wide bell peppers so there is plenty of room for all the filling.

THURSDAY



PECAN CRUSTED CHICKEN

Marinated in a quick yogurt, Dijon, and honey sauce, then coated in pecans and panko and baked in the oven for the best crunchy chicken!

Side dish ideas: [Baked Fries](#), [Roasted Broccoli](#)

FRIDAY



PUMPKIN CHILI

Made with a can of pumpkin, beef, black beans, and kidney beans! Top with grated cheese, sour cream, and sliced green onions!

TIP: To get the full pumpkin flavor, rinse away the thick, salty liquid from the beans!

BREAKFAST

PUMPKIN PANCAKES



Made with pumpkin puree and pumpkin spice, a handful of pantry staples & only 5 minutes to prep!

SNACK/DESSERT

MONSTER RICE KRISPIES



Spooky marshmallow creations with candy eyes and monstrous charm!