



DINNER

MONDAY



STUFFED ACORN SQUASH

The Mediterranean inspired mixture of chickpeas, sun-dried tomatoes, walnuts and spinach is easy to prepare while the squash is roasting.

Side dish ideas: [Quinoa](#), [Mediterranean Rice Salad](#)

TUESDAY



SKILLET ROSEMARY CHICKEN

Garlic and rosemary roast with the thighs, infusing them with flavor, all done in one skillet, and perfect for a quick weeknight dinner.

Side dish ideas: [Saffron rice](#), [Air Fried Broccoli](#)

WEDNESDAY



VEGETABLE BEEF SOUP (*Instant Pot*)

This Instant Pot soup tastes like it's been slow cooking all day! Made with frozen veggies and beef stew meat!

Stovetop instructions: Follow steps 1-4 in a pot. Cover and simmer for 45 minutes, or until the beef is tender. Then, continue with step 6.

THURSDAY



BUTTERNUT SQUASH LASAGNA

My fall take on one of the best comfort foods with layers of creamy butternut squash-sage puree, basil-ricotta, and plenty of melty cheese!

TIP: Since you'll be roasting squash earlier in the week, you can add the butternut squash in the oven to make the sauce in advance.

FRIDAY



PESTO GRILLED SALMON & PASTA

The pasta sauce is so simple and quick and you can use a grill pan to get the best charred pieces of fish, all without stepping a foot outside.

TIP: Be careful not to overcook the salmon as it only takes around 4 minutes on each side. It's ready when slightly browned and opaque.

BREAKFAST

BAKED FETA EGGS



This simple filling is perfect for pita or sandwiches. Just bake feta and eggs and then scramble them up together!

SNACK/DESSERT

HALLOWEEN CHEX MIX



aka Monster Munch – a delicious blend of sweet and salty surprises, all in one spooktacular snack!