



DINNER

MONDAY



BUTTERNUT SQUASH LASAGNA

My fall take on lasagna with layers of creamy butternut squash and sage puree, basil-ricotta, and plenty of melty mozzarella cheese.

Side dish ideas: [Caesar Kale Salad](#), [Cheesy Garlic Bread](#)

TUESDAY



ROSEMARY CHICKEN

Crispy chicken thighs roasted with garlic and fresh herbs in one skillet make an easy weeknight meal. Pair with sides for a complete dish!

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

WEDNESDAY



GROUND BEEF CASSEROLE

Seasoned ground beef in marinara tossed with pasta and baked with the yummy cheesy top? Yes, please! It's so easy and quick to make.

TIP: Cook the pasta al dente since it will continue to cook in the oven and use some of the pasta water for the sauce!

THURSDAY



WHITE CHICKEN CHILI

Who doesn't love chili in the fall? This chicken chili has a green chili white sauce, beans, corn, and added creaminess from sour cream.

TIP: Use up any leftover chicken from earlier in the week!

FRIDAY



ROASTED SALMON

End the week with a super simple, ready in under 20 minutes, veggie included recipe that feels so impressive with little effort.

Side dish ideas: [Creamy Risotto](#), [Smashed Herbed Potatoes](#)

BREAKFAST

APPLE OATMEAL CUPS



A cross between baked oatmeal & muffins! Try it will my [Maple Roasted Almond Oath Oats](#)!

SNACK/DESSERT

BAKED APPLE SLICES



Here's how to use those apples: enjoy them as a dessert, quick snack, or add them to oatmeal or pancakes!