



### DINNER

MONDAY



#### BLACK BEAN CHILI

When it gets cold, enjoy a big bowl of this hearty quinoa bean chili on Meatless Mondays. It's full of protein and flavor, all without the meat!

**TIP:** Quinoa absorbs liquid, so don't reduce the broth too much since it will thicken while cooling.

TUESDAY



#### FALL HARVEST SALAD

I love a salad with some crunch and color going on! Pair with leftover chili or a plant based protein like [roasted chickpeas](#) or [tofu bites](#)!

**TIP:** Roast extra sweet potatoes for the quinoa bowl dinner below and save some time for a quick weeknight dinner.

WEDNESDAY



#### CURRIED BUTTERNUT SQUASH SOUP

Butternut squash is a must-have in the Fall and Winter. With a few more basic ingredients, you can make a delicious creamy soup!

**TIP:** Use a kitchen towel on the blender lid and blend in small batches to prevent steam from popping it off or opt for an immersion blender.

THURSDAY



#### ROASTED VEGGIE QUINOA BOWL

This is such a comforting bowl full of nutrients, fiber and protein. Plus, it's gluten free and vegan! Just add a drizzle of [tahini sauce](#).

**TIP:** Make sure not to overcrowd the pan while roasting the vegetables to ensure they roast instead of steam.

FRIDAY



#### VEGGIE LASAGNA

My whole family is obsessed with this vegetable lasagna. It's such a great way to use up extra veggies at the end of the week.

**TIP:** Make sure to eliminate as much moisture from the spinach as possible to prevent your lasagna from becoming soggy!

### BREAKFAST

#### CRAN-PECAN BAKED OATS



This is a one pan, no fuss baked breakfast that comes together quickly and bakes up so good!

### SNACK/DESSERT

#### PECAN BARS



Easy to make and they use dates instead of corn syrup for the chewy pecan filling!