

5-Day Fall Recipes

Vegetarian Meal Plan



MONDAY

**Roasted Butternut Chickpea
Hummus Wraps**
Serves 4

TUESDAY

**Spaghetti Squash
Mac and Cheese**
Serves 2

WEDNESDAY

**Slow Cooker Vegan
Butternut Squash Soup**
Serves 4

THURSDAY

Chickpea pot pie
Serves 6

FRIDAY

Gorgonzola Pear Pizza
Serves 8

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Butternut squash (½ large, 1 medium) <input type="checkbox"/> Spaghetti squash (1) <input type="checkbox"/> White onion (2 medium + ¼ cup) <input type="checkbox"/> Red onion (1 medium) <input type="checkbox"/> Carrots (1 cup) <input type="checkbox"/> Corn (½ cup) <input type="checkbox"/> Celery (½ cup) <input type="checkbox"/> Peas (1 cup) <input type="checkbox"/> Garlic (8 cloves) <input type="checkbox"/> Lemon juice (2 tsp) <input type="checkbox"/> Granny Smith apple (1) <input type="checkbox"/> Pear (1) <input type="checkbox"/> Arugula (1 handful)	<input type="checkbox"/> Hummus (½ cup) <input type="checkbox"/> Milk (1 cup) <input type="checkbox"/> Heavy Cream (½ cup) <input type="checkbox"/> Unsalted butter (2 Tbsp + ¼ cup) <input type="checkbox"/> Mozzarella (1 cup shredded) <input type="checkbox"/> Brie (8 oz) <input type="checkbox"/> Gorgonzola (3 oz) <input type="checkbox"/> Mustard (½ tsp) <input type="checkbox"/> Puff pastry dough (1) <input type="checkbox"/> Pizza dough (2) <input type="checkbox"/> Egg (1) SPICES <input type="checkbox"/> Smoked paprika (1 tsp) <input type="checkbox"/> Garlic powder (¼ tsp) <input type="checkbox"/> Thyme (1 bunch, fresh)	<input type="checkbox"/> Chickpeas (3 15-oz can) <input type="checkbox"/> Coconut milk (1 cup, canned) <input type="checkbox"/> White wine (½ cup) <input type="checkbox"/> Vegetable broth (4 cups) <input type="checkbox"/> Soy sauce (1 Tbsp) <input type="checkbox"/> Sriracha (1 Tbsp) <input type="checkbox"/> Maple syrup (2 tsp) <input type="checkbox"/> All-purpose flour (2 Tbsp + ½ cup) <input type="checkbox"/> Flatbreads (4) <input type="checkbox"/> Your favorite crusty bread

YOU PROBABLY ALREADY HAVE Olive Oil, Salt, Pepper