



## PRODUCE

Butternut Squash, Cauliflower  
Cabbage, Avocado, Lemon

## PANTRY

Chickpeas, White Beans, Curry Powder  
Millet, Quinoa, Brown Rice

## BREAKFAST



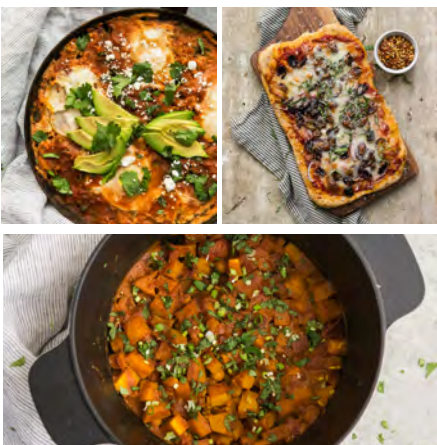
I like to roast the squash for the lunch salad ahead of time and puree the extra for this breakfast toast. Also, the lemon curd is a good weekend project but if you don't want to make it, store-bought curd can work in a pinch.

Millet Porridge with Sunflower Seeds  
Butternut Squash Toast with Eggs  
Avocado Quinoa Bowl with Za'atar

## LUNCH

It's easy to feel like salad isn't a winter item because we want warmth. However, cooler weather is when greens are best. These two salads are on my favorite's list as they are solid in protein and showcase two of my most used ingredients: squash and avocado!

Roasted Cauliflower Soup  
White Bean and Squash Salad  
Avocado Chickpea Salad



## DINNER

Use the noodles and vegetable curry recipe as leftovers for the lunch. If desired, try a couple different curry powders.

Enchilada Egg Skillet  
Olive Pizza with Red Onions  
One-Pot Curried Butternut Squash Rice  
African Vegetable Curry  
Cabbage Ginger Noodles