



## PRODUCE

Delicata Squash, Kuri Squash  
Sweet Potatoes, Brussels Sprouts

## PANTRY

Soba Noodles, Amaranth, Bulgur  
Chickpeas, Black Beans, Brown Lentils

## BREAKFAST



When I'm in a porridge mood, amaranth is usually my go-to recipe. It's creamy and light on flavor; perfect for pairing with fruits. The cornbread waffles take a bit of time but are perfect for a slow or weekend morning.

- Brussels Sprout Skillet
- Amaranth Porridge with Pears
- Cornbread Waffles with Roasted Grapefruit

## LUNCH

I love pulling double duty in the kitchen. Make the squash tacos one night with extra squash and cook the bulgur while making pizza. Assembling this delicata salad is a breeze. Hardboiled eggs also make for a great prep-ahead snack or lunch.

- Delicata Squash Salad
- Chili Spinach Pesto Noodle Bowl
- Curried Chickpea Salad



## DINNER

Use the mac and cheese and kuri curry recipe as leftovers for lunch. The mac and cheese can be made ahead of time and frozen.

- Kuri Curry
- Delicata Squash Tacos
- Sweet Potato Mac and Cheese
- Spicy Lentil Sloppy Joes
- Brussels Sprout Pizza