



SUNDAY

squash salad

- 3 1/4" slices red onion
- 4 Tbsp sherry vinegar
- 1 medium winter squash
- 1 bunch broccoli rabe, end of stems trimmed
- 1 Tbsp pure maple syrup
- 1/2 Tbsp dijon mustard
- 1/2 Tbsp fresh lemon juice
- 1 head lacinato kale
- 2/3 cup dried cranberries
- 1/2 cup pepitas or roasted squash seeds

MONDAY

black bean soup

- 2 15oz cans black beans
- 1 15oz can petite diced tomatoes
- 1 cup tomato salsa
- 1 teaspoon cumin
- 1/4 teaspoon chili powder
- Optional toppings: fresh cilantro, avocado, etc.

TUESDAY

butternut squash soup

- 1 tbsp olive oil
- 1 medium onion, chopped
- 3 cups cooked chickpeas
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 3 cups peeled, cubed butternut squash
- 2 tbsp tomato paste
- 4 cups vegetable broth
- 1/3 cup Israeli couscous
- 3/4 tsp kosher salt
- 1 zucchini

WEDNESDAY

butternut squash pasta

- 3/4 cup raw cashews, soaked
- 24 oz cubed butternut squash (I used frozen)
- 1 tbsp extra virgin olive oil
- 16 oz whole-grain penne pasta (or pasta of choice)
- 1 1/2 cups vegetable broth
- 1 tbsp pure maple syrup
- 2 tbsp fresh scopped sage
- 1 cup peas, optional

THURSDAY

baked tacos

- 1 cup refried black beans
- 1 cup sweet potato puree, homemade or canned*
- 1 cup grated cheese
- 8 corn tortillas
- Olive oil

FRIDAY

spaghetti squash

- 1 large spaghetti squash
- 1/3 cup avocado oil
- 1 large crown broccoli
- 1 large zucchini
- 4 large kale leaves
- 1/4 cup pumpkin seeds
- 1/4 cup tahini
- 1/4 cup cider vinegar

DESSERT

paleo pear crumble

- 1 cup finely ground almond flour
- 3 tablespoons coconut oil
- 3 tablespoons pure maple syrup
- 1/2 teaspoon almond extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon sea salt
- PEAR FILLING:
- 4 Harry & David Royal Riviera Pears
- 2 tablespoons pure maple syrup
- 1 tablespoon tapioca flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon sea salt