



## The Forest Feast Meal Plan

Butternut Caprese  
Squash Lasagna  
Orzo Black Bean Salad  
Pear Thyme Galette  
Chard Tortilla Espanola

### Produce

- butternut squash (1)
- avocado (1)
- cherry tomatoes (handful)
- acorn squash (1 large or 2 small)
- red onion (1/4)
- red bell pepper (1)
- corn (1 C fresh or frozen)
- lime (1)
- pears (2-3)
- red potatoes (3-5 small)
- swiss chard (2 leaves)

### Spices

- garlic powder (sprinkle)
- chili powder (1 t)

### Herbs

- basil (1 bunch)
- scallions (3)
- sage (1/4 C)
- cilantro (1/4 bunch)
- thyme leaves (2 t)

### Dairy

- {smoked} mozzarella (1 round)
- ricotta (16 oz)
- mozzarella (3 C grated)
- gorgonzola (2 T)
- butter (2 t)
- eggs (6)

### Pasta & Grains

- no-boil lasagna noodles (9)
- orzo (1 1/2 C)

### Beans

- black beans (1 C)

### Bread & Tortillas

- puff pastry sheets (2)

### Bread & Tortillas

- raw walnuts (3 T)

### Pantry Items

- olive oil
- marinara sauce (5 C)
- fig jam (1/4 C)
- honey (2 t)