

# RAINBOW

eat the rainbow!

# DELICIOUS

## Winter Meal Plan Ideas

Easy Black Bean & Chickpea Chili from Love and Lemons  
Butternut Squash and Black Bean Enchiladas from  
Ambitious Kitchen

Meyer Lemon and Pine Nut Fettuccine from Floating Kitchen  
Mushroom Pasta with Spinach and Goat Cheese from  
Pinch of Yum

Winter Chopped Salad with Roasted Sweet Potato, Blood  
Oranges, Feta and Pomegranate from How Sweet It Is

### Produce

- white onion (1/5 C)
- garlic cloves (2) (1) (1)
- green pepper (1)
- corn, frozen (1 C) (3/4 C)
- lime (1, juice)
- avocado (garnish)
- yellow onion (1/2)
- butternut squash (4 C)
- shallots (1) (1/4 C)
- meyer lemons (2)
- fresh mushrooms, cremini +shiitake (24 oz)
- spinach (2 C)
- sweet potato (1 large)
- baby romaine/spring mix (6 C)
- blood oranges (2 + 1/3 C juice)
- pomegranate (1)

### Herbs

- green onion (garnish)
- cilantro (garnish)
- fresh thyme (1 t)

### Spices

- smoked paprika (1/2 t)
- garlic powder (1/4 t)

### Dairy

- cheddar (garnish)
- colby jack cheese (2 C +)
- sour cream or yogurt (garnish)
- heavy cream (1 C) (1/2 C)
- parmesan (1/4 C) (1/4 C)
- butter (2 T)
- goat cheese (6 oz)
- feta cheese (4 oz)

### Pasta & Grains

- fettuccine (10 oz)
- whole wheat farfalle pasta (16 oz)

### Beans

- black beans (14 oz) (15 oz)
- chickpeas (14 oz)

### Nuts

- pine nuts (1/2 C)

### Bread & Tortillas

- corn tortillas (12)

### Pantry Items

- olive oil (2 T) (1 T) (2 T) (3 T + 1/3 C)
- diced fire roasted tomatoes (14 oz)
- chipotles in adobo (1 can, 2 T)
- enchilada sauce (or 15 oz tomato sauce + 7.5 oz chipotle peppers in adobo+ 3/4 C greek yogurt + 2 garlic cloves +1.5 T chili powder)
- white wine (1/3 C)
- vegetable broth (1 C)
- maple syrup (1 T)
- golden balsamic vinegar (1/4 C)