CURATE MY PLATE

Fall Produce Meal Plan

7 DINNERS · 41 INGREDIENTS

COOKS WHO LOVE AUTUMN PRODUCE



TUESDAY

Butternut Squash and Sage Sausage Tortellini Skillet

40 min · serves 4



MONDAY

Sheet-Pan Roasted Chicken Drumsticks with Brussels Sprouts and Delicata Squash

60 min · serves 4



WEDNESDAY

Warm Autumn Grain Bowl with Sweet Potatoes, Shredded Cabbage, and Apple...

45 min · serves 4



THURSDAY

Pan-Seared Pork Chops with Wild Mushroom and Thyme Cream Sauce

35 min · serves 4



FRIDAY

Velvety Roasted Sweet Potato and Apple Soup with Crispy Bacon

65 min · serves 4



SATURDAY

Herb-Crusted Roasted Turkey Breast with Shaved Brussels Sprouts and Carrots

80 min · serves 6



SUNDAY

Apple Cider Braised Beef Chuck Roast with Carrots and Mushrooms

3 hr · serves 6

Scan for every recipe, step by step

Photos, ingredients and steps for all 7 dinners, free on the site.

curatemyplate.com/plan/7-day-fall-produce-meal-plan

Grocery list

41 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 2 cups apple cider x2
- [ ] 3 cups butternut squash
- [ ] 7 carrots x2
- [ ] 16 oz cremini mushroom x2
- [ ] 1 delicata squash
- [ ] 1 tsp dried thyme
- [ ] 16 cloves garlic x5
- [ ] 1 tsp garlic powder
- [ ] 2 honeycrisp apples
- [ ] 3 cups red cabbage
- [ ] 1 tbsp rosemary
- [ ] 2 tbsp sage leaf
- [ ] 4 oz shiitake mushroom
- [ ] 2 + 2 lb sweet potato x2
- [ ] 1 tbsp + 4 sprigs thyme x2
- [ ] 1 tbsp thyme leaf
- [ ] 2 yellow onions x2

MEAT & SEAFOOD

- [ ] 6 slices bacon
- [ ] 3 lb beef chuck roast
- [ ] 2 lb chicken drumstick
- [ ] 1 lb italian pork sausage
- [ ] 4 chops pork chop

DAIRY & EGGS

- [ ] 4 tbsp butter
- [ ] 1 1/2 cups heavy cream x3
- [ ] 1/2 cup parmesan cheese
- [ ] 10 oz refrigerated cheese tortellini
- [ ] 2 tbsp un salted butter

PANTRY & CANNED

- [ ] 2 tbsp apple cider vinegar
- [ ] 1 1/2 cups beef broth
- [ ] 6 cups chicken broth x3
- [ ] 2 tbsp + 2 tsp dijon mustard x3
- [ ] 1 tbsp honey
- [ ] 1 1/2 tbsp pure maple syrup
- [ ] 2 tbsp tomato paste
- [ ] 3 cups water or vegetable broth
- [ ] 1 tbsp worcestershire sauce

SPICES & BAKING

- [ ] 2 bay leaves
- [ ] 1/4 tsp ground nutmeg

Grocery list (continued)

41 ingredients for 7 dinners. Tick as you shop.

OTHER

- [ ] 2 lb brussel sprout x2
- [ ] 1 cup farro
- [ ] 1/2 cup pecan

CHECK YOUR PANTRY

black pepper, kosher salt, olive oil, salt

Ingredients you'll use more than once

6 ingredients carry most of the week. Buy each once, use it across dinners.

Garlic	Tue, Thu, Fri, Sat, Sun
Chicken broth	Tue, Thu, Fri
Dijon mustard	Mon, Wed, Thu
Heavy cream	Tue, Thu, Fri
Apple cider	Wed, Sun
Brussel sprout	Mon, Sat

Build the same kind of week for your own household at curatemyplate.com