# BUTTERNUT SQUASH & MUSHROOM CHICKEN POT PIES

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Pot Pie Skillet Meal Seasoning

**PROTEIN**
- O Chicken breast, boneless skinless, 1 pound
- O Egg yolk, 1

**PRODUCE**
- O Yellow onion, 1
- O Mushrooms, 8 ounces
- O Butternut squash, 3 cups (about 1 pound)

**BREAD/PASTA/RICE/FLOUR**
- O Puff pastry, 1 sheet

**DAIRY**
- O Heavy cream, ½ cup plus 1 tablespoon

**MISCELLANEOUS**
- O Oil, 2 tablespoons
- O Chicken broth, low sodium, ½ cup

**4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES**

**Per Serving:** 730 Calories (kcal) | 44 Fat (g) | 14 Saturated Fat (g) | 50 Carbohydrates (g) 4 Fiber (g) | 6 Sugar (g) | 35 Protein (g) | 115 Cholesterol (mg) | 720 Sodium (mg)

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# BUTTERNUT SQUASH & MUSHROOM CHICKEN POT PIES

## INGREDIENTS

- **2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)**
- 1 pound boneless skinless chicken breasts, diced
- 1 yellow onion, diced
- 8 ounces mushrooms, sliced
- 3 cups butternut squash, diced
- **1 bag Pot Pie Skillet Meal Seasoning**
- ½ cup low sodium chicken broth
- ½ cup heavy cream
- 1 puff pastry sheet, thawed
- 1 egg yolk
- 1 tablespoon heavy cream

## KITCHEN TOOLS

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- 12-inch nonstick skillet
- Rubber spatula
- Ramekins x4
- Pastry brush

## STEP-BY-STEP DIRECTIONS

**1** Preheat oven to 400°F. Heat oil in a 12-inch nonstick skillet over medium heat. Add chicken, onion, mushrooms, and butternut squash. Saute for about 10 minutes or until chicken is cooked through.

**2** Add **Pot Pie Skillet Meal Seasoning** and stir to coat ingredients. Stir in chicken broth and heavy cream. Simmer for 5 minutes or until sauce has thickened.

**3** Transfer to 4 oven safe ramekins.

**4** Cut puff pastry into 4 squares. Place on top of ramekins. Cut a few slits in the puff pastry for venting.

**5** Whisk together egg yolk and remaining 1 tablespoon heavy cream. Brush the puff pastry with the yolk mixture. Bake for about 20 minutes or until puff pastry is golden and crisp.

**6** Serve.

# CREAMY CHICKEN POT PIE SOUP

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Pot Pie Skillet Meal Seasoning

**PROTEIN**
- O Chicken breasts, boneless skinless, 1 pound

**PRODUCE**
- O Baby red potatoes, 1 pound
- O Carrots, 1 pound
- O Yellow onion, ½
- O Cauliflower florets, 1 pound
- O Peas, ½ cup

**DAIRY**
- O Whole milk, 1 cup

**MISCELLANEOUS**
- O Chicken broth, low sodium, 3 cups

**5 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES**

**Per Serving:** 300 Calories (kcal) | 4.5 Fat (g) | 1.5 Saturated Fat (g) | 37 Carbohydrates (g) | 7 Fiber (g) | 11 Sugar (g) | 29 Protein (g) | 70 Cholesterol (mg) | 610 Sodium (mg)

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# CREAMY CHICKEN POT PIE SOUP

## INGREDIENTS

- 1 pound boneless skinless chicken breasts, diced
- 1 pound baby red potatoes, quartered
- 1 pound carrots, sliced
- ½ yellow onion, diced
- **1 bag Pot Pie Skillet Meal Seasoning**
- 3 cups low sodium chicken broth
- 1 pound cauliflower florets
- 1 cup whole milk
- ½ cup frozen peas

## KITCHEN TOOLS

- Knife
- Cutting board
- Pressure cooker
- Saucepan/steamer
- Blender
- Rubber spatula
- Measuring cups
- Ladle

## STEP-BY-STEP DIRECTIONS

**1** Add chicken, potatoes, carrots, onion, **Pot Pie Skillet Meal Seasoning**, and chicken broth to a pressure cooker. Cover and cook for 10 minutes.

**2** Meanwhile, steam cauliflower until very tender. Transfer to a blender with milk and puree until completely smooth.

**3** Quick release the pressure cooker once finished, and carefully remove the lid. Stir in the pureed cauliflower until completely combined.

**4** Stir in peas.

**5** Garnish soup with fresh herbs such as thyme, parsley, and/or sage.

# CREAMY SPINACH SOUP

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Garlic & Herb Blend

**PRODUCE**
- O Yellow onion, 1
- O Garlic, 1 tablespoon minced
- O Baby spinach, 12 ounces

**DAIRY**
- O Cream cheese, 5 ounces
- O Gruyere cheese, ½ cup shredded

**MISCELLANEOUS**
- O Oil, 1 tablespoon
- O Vegetable broth, 3 cups

**4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES**

**Per Serving:** 260 Calories (kcal) | 20 Fat (g) | 10 Saturated Fat (g) | 11 Carbohydrates (g) 3 Fiber (g) | 4 Sugar (g) | 9 Protein (g) | 50 Cholesterol (mg) | 380 Sodium (mg)

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# CREAMY SPINACH SOUP

## INGREDIENTS

- **1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)**
- 1 yellow onion, diced
- 1 tablespoon minced garlic
- 3 cups vegetable broth
- 12 ounces baby spinach
- **1 tablespoon Garlic & Herb Blend**
- 5 ounces cream cheese, softened
- ½ cup shredded Gruyere cheese

## KITCHEN TOOLS

- Knife
- Cutting board
- Saucepan
- Wooden spoon
- Blender
- Ladle

## STEP-BY-STEP DIRECTIONS

**1** Heat oil in a saucepan over medium heat. Add onion and garlic. Saute until onion is translucent.

**2** Add vegetable broth and bring to a simmer

**3** Stir in spinach until wilted. Season with **Garlic & Herb Blend**. Turn of heat.

**4** Transfer soup to a blender with cream cheese and puree until smooth. Season with salt if desired.

**5** Serve with shredded Gruyere cheese if desired.

# PUMPKIN CHEESECAKE TRUFFLES

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Pumpkin Pie Cheesecake Blend

**DAIRY**
- O Cream cheese, 3 ounces

**MISCELLANEOUS**
- O Pumpkin puree, ½ cup
- O Graham cracker crumbs, 1 cup
- O Vanilla extract, ½ teaspoon
- O Dark chocolate, 10 ounces
- O Coconut oil, 1 tablespoon
- O Flaky salt, 1 teaspoon



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**15 SERVINGS | PREP TIME: 2 HOURS 45 MINUTES**

**Per Serving:** 160 Calories (kcal) | 11 Fat (g) | 6 Saturated Fat (g) | 14 Carbohydrates (g)
0 Fiber (g) | 6 Sugar (g) | 2 Protein (g) | 5 Cholesterol (mg) | 200 Sodium (mg)

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# PUMPKIN CHEESECAKE TRUFFLES

## INGREDIENTS

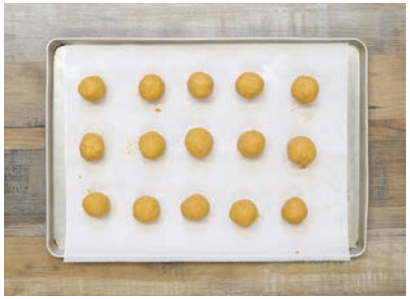
- 3 ounces cream cheese, softened
- ½ cup pumpkin puree
- 1 cup graham cracker crumbs
- **2 teaspoons Pumpkin Pie Cheesecake Blend**
- ½ teaspoon vanilla extract
- 10 ounces dark chocolate chips
- 1 tablespoon coconut oil
- 1 teaspoon flaky salt

## KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Measuring spoons
- Electric hand mixer
- Sheet pan
- Parchment paper
- Fork
- Toothpick

## STEP-BY-STEP DIRECTIONS

**1** Using an electric mixer, beat together cream cheese, pumpkin puree, graham cracker crumbs, **Pumpkin Pie Cheesecake Blend**, and vanilla extract. Refrigerate mixture for 30 minutes.



**2** Line a sheet pan with parchment paper. Shape tablespoon amounts of the mixture into balls and place on the lined sheet pan. (If the mixture if too sticky, coat palms with pan spray before rolling). Freeze for about 2 hours or until solid.

**3** Heat chocolate in the microwave for 30 second increments until melted. Stir after every 30 seconds, until smooth. Stir in coconut oil. Remove truffles from freezer. Working with one truffle at a time, drop into the melted chocolate. Remove with a fork, tapping on the edge of the bowl to remove excess chocolate. Slide the truffle off the fork with a toothpick back onto the sheet pan. Top with salt.

**4** Refrigerate until chocolate is set. Store leftover truffles in the refrigerator.

# PUMPKIN MAC & CHEESE

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Garlic & Herb Blend

**BREAD/PASTA/RICE/FLOUR**
- O Rigatoni, 1 pound
- O All-purpose flour, 2 tablespoons

**DAIRY**
- O Butter, unsalted, 2 tablespoons
- O Milk, low fat, 2 cups
- O Cheddar cheese, 2 cups shredded
- O Parmesan cheese, ¼ cup grated

**MISCELLANEOUS**
- O Pumpkin puree, 1 (15 ounce) can
- O Salt, ½ teaspoon

**4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES**

**Per Serving:** 650 Calories (kcal) | 23 Fat (g) | 13 Saturated Fat (g) | 83 Carbohydrates (g)
0 Fiber (g) | 12 Sugar (g) | 29 Protein (g) | 65 Cholesterol (mg) | 660 Sodium (mg)

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# PUMPKIN MAC & CHEESE

## STEP-BY-STEP DIRECTIONS

### INGREDIENTS

- 1 pound rigatoni
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 2 cups low fat milk
- 1 (15 ounce) can pumpkin puree
- 2 cups shredded cheddar cheese
- **1 tablespoon Garlic & Herb Blend**
- ½ teaspoon salt
- ¼ cup grated parmesan cheese

### KITCHEN TOOLS

- Saucepan
- Strainer
- Grater
- Measuring cups
- Measuring spoons
- Can opener
- Whisk
- Rubber spatula

**1** Prepare pasta according to package directions. Drain and set aside

**2** Melt butter in a large saucepan over medium heat. Whisk in flour and cook for 1 minute. Whisk in milk until smooth. Bring to a simmer, do not boil.

**3** Whisk in pumpkin puree, cheddar cheese, and **Garlic & Herb Blend**. Stir frequently until cheese is melted.

**4** Stir in cooked pasta. Season with salt.

**5** Serve with parmesan cheese.

# PUMPKIN OAT BREAKFAST BARS

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Pumpkin Pie Cheesecake Blend

**PROTEIN**
- O Eggs, 2

**BREAD/PASTA/RICE/FLOUR**
- O All purpose flour, 1 cup
- O Rolled oats, 1 cup

**MISCELLANEOUS**
- O Baking soda, ½ teaspoon
- O Salt, ¼ teaspoon
- O Pumpkin puree, ½ cup
- O Oil, ½ cup
- O Brown sugar, ½ cup
- O Vanilla extract, 1 teaspoon
- O Chocolate chips, ½ cup
- O Pepitas, 1/3 cup
- O Walnuts, ¼ cup

**12 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES**

**Per Serving:** 260 Calories (kcal) | 16 Fat (g) | 3 Saturated Fat (g) | 26 Carbohydrates (g)
1 Fiber (g) | 11 Sugar (g) | 5 Protein (g) | 30 Cholesterol (mg) | 125 Sodium (mg)

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# PUMPKIN OAT BREAKFAST BARS

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup rolled oats
- ½ teaspoon baking soda
- ¼ teaspoon salt
- **2 teaspoons Pumpkin Pie Cheesecake Blend**
- ½ cup pumpkin puree
- **½ cup oil (Wildtree Natural Grapeseed Oil recommended)**
- ½ cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup chocolate chips, divided
- ⅓ cup pepitas, divided
- ¼ cup walnuts

## KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Measuring spoons
- Whisks
- Rubber spatula
- 8x8-inch baking dish
- Parchment paper

## STEP-BY-STEP DIRECTIONS

**1** Preheat oven to 350°F. Line an 8x8-inch baking dish with parchment paper and grease. Whisk together flour, oats, baking soda, salt, and **Pumpkin Pie Cheesecake Blend**.

**2** In a separate bowl, whisk together pumpkin puree, oil, brown sugar, eggs, and vanilla extract.

**3** Add dry ingredients to wet ingredients and stir until combined. Stir in half of the chocolate chips and half of the pepitas.

**4** Stir in half of the chocolate chips and half of the pepitas.

**5** Transfer batter to the prepared baking dish; spread in an even layer. Top with remaining chocolate chips, pepitas, and walnuts. Bake for about 20 minutes or until cooked through.

**6** Finish with flakey salt if desired. Cool slightly before cutting into squares.

# SALISBURY STEAKS

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## GROCERY LIST

**WILDTREE PRODUCTS**
- O Shepherd's Pie Skillet Meal Seaning

**PROTEIN**
- O Lean ground beef, 1 pound
- O Egg, 1

**PRODUCE**
- O Yellow onion, ½
- O Mushrooms, 8 ounces
- O Green beans, 12 ounces

**BREAD/PASTA/RICE/FLOUR**
- O Bread crumbs, ¼ cup
- O All-purpose flour, 3 tablespoons
- O Egg noodles, 4 ounces

**DAIRY**
- O Butter, unsalted, 2 tablespoons

**MISCELLANEOUS**
- O Oil, 1 tablespoon
- O Ketchup, 2 teaspoons
- O Mustard, 1 teaspoon
- O Beef broth, low sodium, 1 ½ cups

**4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES**

**Per Serving:** 470 Calories (kcal) | 15 Fat (g) | 7 Saturated Fat (g) | 46 Carbohydrates (g) 4 Fiber (g) | 9 Sugar (g) | 38 Protein (g) | 155 Cholesterol (mg) | 510 Sodium (mg)

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# SALISBURY STEAKS

## INGREDIENTS

- 1 pound lean ground beef
- **1 bag Shepherd's Pie Skillet Meal Seasoning**
- ¼ cup bread crumbs
- 1 egg
- 2 teaspoons ketchup
- 1 teaspoon mustard
- **1 tablespoon oil (Wildtree Natural Grapeseed Oil)**
- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 ½ cups low sodium beef broth
- ½ yellow onion, sliced
- 8 ounces mushrooms, sliced
- 4 ounces egg noodles
- 12 ounces green beans

## KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Measuring spoons
- 12-inch nonstick skillet
- Plate
- Spatula
- Knife
- Cutting board
- Saucepan
- Strainer
- Tongs

## STEP-BY-STEP DIRECTIONS

**1** Combine ground beef, **Shepherd's Pie Skillet Meal Seasoning**, bread crumbs, egg, ketchup, and mustard. Shape into 4 patties. Heat oil in a 12-inch nonstick skillet over medium heat. Add patties and sear for about 3 minutes on each or until browned. Transfer to a plate.

**2** Melt butter in the empty skillet over medium heat. Stir in flour until completely combined. Whisk in beef broth until smooth. Bring to a simmer.

**3** Stir in onion and mushrooms. Return patties to the skillet. Cover and simmer for about 10 minutes, or until vegetables are tender and patties are cooked through: 165°F.

**4** Meanwhile, prepare egg noodles according to package directions.

**5** Steam green beans.

**6** Serve Salisbury steaks and gravy over egg noodles with green beans on the side.

# SHEPHERD'S PIE STUFFED POTATOES

## GROCERY LIST

**WILDTREE PRODUCTS**
- O Shepherd's Pie Skillet Meal Seasoning

**PROTEIN**
- O Ground beef, lean, 1 pound

**PRODUCE**
- O Russet potatoes, 6
- O Yellow onion, 1
- O Garlic, 1 tablespoon minced
- O Frozen mixed vegetables, 2 cups
- O Scallions, 2

**DAIRY**
- O Cheddar cheese, 1 cup shredded

**MISCELLANEOUS**
- O Oil, 1 tablespoon
- O Tomato paste, 1 (6 ounce) can
- O Beef broth, low sodium, 1 ½ cups

**6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES**

**Per Serving:** 470 Calories (kcal) | 13 Fat (g) | 6 Saturated Fat (g) | 59 Carbohydrates (g) 6 Fiber (g) | 10 Sugar (g) | 29 Protein (g) | 65 Cholesterol (mg) | 490 Sodium (mg)

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# SHEPHERD'S PIE STUFFED POTATOES

## INGREDIENTS

- 6 russet potatoes
- **1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)**
- 1 yellow onion, diced
- 1 tablespoon minced garlic
- 1 pound lean ground beef
- **1 bag Shepherd's Pie Skillet Meal Seasoning**
- 1 (6 ounce) can tomato paste
- 1 ½ cups low sodium beef broth
- 2 cups frozen mixed vegetables
- 2 scallions, sliced
- 1 cup shredded cheddar cheese

## KITCHEN TOOLS

- Knife
- Cutting board
- 12-inch nonstick skillet
- Measuring cups
- Measuring spoons
- Can opener
- Wooden spoon or rubber spatula

## STEP-BY-STEP DIRECTIONS

**1** Using a knife, poke a few holes in the potatoes. Microwave for about 10 minutes, or until cooked through.

**2** Meanwhile, heat oil in a 12-inch nonstick skillet over medium heat. Add onion, garlic, and ground beef. Cook until beef is completely browned.

**3** Stir in **Shepherd's Pie Skillet Meal Seasoning**, tomato paste, and beef broth. Bring to a simmer and cook until sauce has thickened, about 3 minutes.

**4** Stir in mixed vegetables. Cook until heated through.

**5** Slice and split potatoes. Stuff with the shepherd's pie filling. Top with scallions and cheddar cheese if desired.

FALL FAVORITES WEEKLY GROCERY LISTS

# WEEK 1

**Shepherd's Pie Stuffed Potatoes | Pumpkin Oat Breakfast Bars | Creamy Spinach Soup | Pumpkin Mac & Cheese**

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**WILDTREE PRODUCTS**
- ○ Garlic & Herb Blend
- ○ Pumpkin Pie Cheesecake Blend
- ○ Shepherd's Pie Skillet Meal Seasoning

**PROTEIN**
- ○ Eggs, 2
- ○ Ground beef, lean, 1 pound

**PRODUCE**
- ○ Yellow onion, 2
- ○ Garlic, 2 tablespoons minced
- ○ Spinach, 12 ounces
- ○ Russet potatoes, 6
- ○ Frozen mixed vegetables, 2 cups
- ○ Scallions, 2

**BREAD/PASTA/RICE/FLOUR**
- ○ All purpose flour, 1 cup plus 2 tablespoons
- ○ Rolled oats, 1 cup
- ○ Rigatoni, 1 pound

**DAIRY**
- ○ Cream cheese, 5 ounces
- ○ Gruyere cheese, ½ cup shredded
- ○ Butter, unsalted, 2 tablespoons
- ○ Milk, low fat, 2 cups
- ○ Cheddar cheese, 3 cups shredded
- ○ Parmesan cheese, ¼ cup grated

**MISCELLANEOUS**
- ○ Oil, ½ cup plus 2 tablespoons
- ○ Vegetable broth, 3 cups
- ○ Tomato paste, 1 (6 ounce) can
- ○ Beef broth, low sodium, 1 ½ cups
- ○ Pumpkin puree, 1 (15 ounce) can plsu ½ cup
- ○ Salt, ¾ teaspoon
- ○ Baking soda, ½ teaspoon
- ○ Brown sugar, ½ cup
- ○ Vanilla extract, 1 teaspoon
- ○ Chocolate chips, ½ cup
- ○ Pepitas, 1/3 cup
- ○ Walnuts, ¼ cup

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# WEEK 2

**Butternut Squash & Mushroom Chicken Pot Pies | Creamy Chicken Pot Pie Soup**

**Pumpkin Cheesecake Truffles | Salisbury Steaks**

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### WILDTREE PRODUCTS
- O Pot Pie Skillet Meal Seasoning
- O Shepherd's Pie Skillet Meal Seasoning
- O Pumpkin Pie Cheesecake Blend

### PROTEIN
- O Chicken breast, boneless skinless, 2 pounds
- O Lean ground beef, 1 pound
- O Egg, 1 plus 1 yolk

### PRODUCE
- O Yellow onion, 1 ½
- O Mushrooms, 16 ounces
- O Butternut squash, 3 cups (about 1 pound)
- O Green beans, 12 ounces
- O Baby red potatoes, 1 pound
- O Carrots, 1 pound i Yellow onion, ½
- O Cauliflower florets, 1 pound
- O Peas, ½ cup

### BREAD/FLOUR/RICE/FLOUR
- O Puff pastry, 1 sheet
- O Bread crumbs, ¼ cup
- O All-purpose flour, 3 tablespoons
- O Egg noodles, 4 ounces

### DAIRY
- O Heavy cream, ½ cup plus 1 tablespoon
- O Whole milk, 1 cup
- O Butter, unsalted, 2 tablespoons
- O Cream cheese, 4 ounces

### MISCELLANEOUS
- O Oil, 3 tablespoons
- O Coconut oil, 1 tablespoon
- O Chicken broth, low sodium, ½ cup
- O Pumpkin puree, ½ cup
- O Graham cracker crumbs, 1 cup
- O Vanilla extract, ½ teaspoon
- O Dark chocolate, 10 ounces
- O Flaky salt, 1 teaspoon
- O Ketchup, 2 teaspoons
- O Mustard, 1 teaspoon
- O Beef broth, low sodium, 1 ½ cups