

NOVEMBER 2019 MEAL PLAN

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|--|
|  | | | | | 1 Slow cooker balsamic chicken , cauliflower rice, green vegetable | 2 Bacon wrapped chicken , broccoli |
| 3 Instant pot cheesy chicken tacos , green vegetable | 4 Low carb clam chowder , salad | 5 Jalapeno popper casserole , cauliflower rice, green vegetable | 6 Easy chicken and green beans | 7 Beef stroganoff , green vegetable | 8 Classic buffalo wings , raw veggies with low carb dressing | 9 Lemon garlic fish , salad, cheesy herb muffins |
| 10 Keto slow cooker breakfast bake , fruit | 11 Crockpot buffalo chicken soup , salad | 12 Protein noodle lasagna , broccoli | 13 Coconut lime chicken skillet , cauliflower rice | 14 Oven hamburgers , roasted asparagus | 15 Ranch chicken wings , loaded cauliflower , green vegetable | 16 Instant pot beef and broccoli , cauliflower rice |
| 17 Sausage egg bake , keto cheesy herb muffins , fruit | 18 Jalapeno popper soup , salad | 19 Keto dijon chicken thighs , zucchini | 20 Instant Pot whole chicken , pepper jack brussels sprouts | 21 Creamy basil baked sausage , zucchini noodles | 22 Low carb chicken Philly cheesesteak | 23 Cajun shrimp and sausage skillet , |
| 24 Bacon egg and cheese biscuit casserole , fruit | 25 Creamy chicken bacon chowder , salad | 26 Tuscan chicken , zucchini noodles | 27 Chunky no bean chili , keto cornbread | 28 Thanksgiving! Check the blog for a low carb menu plan | 29 Thanksgiving leftovers! | 30 Southern Savers snack board |