

NOVEMBER 2020 MONTHLY MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Feel better chicken soup , salad	3 Chicken broccoli alfredo , rice	4 Easy pasta carbonara	5 Easy beef stroganoff , pasta, green beans	6 Easy spinach ricotta pasta	7 Asian bowls
8 Herb crusted pork tenderloin , rice, broccoli	9 Crockpot BBQ chicken , buns, green beans	10 Pan cooked salmon , asparagus, rice	11 Cheesy sausage pasta bake , vegetable	12 Super easy stir fry	13 Sloppy Joes , chips, vegetable side	14 Slow cooker tomato soup , grilled cheese
15 Instant pot cheesy chicken tacos , green vegetable	16 Slow cooker black bean chili , biscuits	17 Egg roll in a bowl	18 Pasta bar	19 Easy chicken shawarma pita meal	20 Slow cooker Hawaiian meatballs , rice, vegetable side	21 Creamy spinach alfredo zucchini rolls , fruit
22 Instant Pot whole chicken , pepper jack brussels sprouts	23 Cheesy tortellini soup , salad	24 Homemade chicken divan , rice, vegetable	25 Cajun shrimp and sausage skillet	26 Thanksgiving Healthy Thanksgiving Recipes	27 Thanksgiving leftovers!	28 Southern Savers snack board
29 Mississippi pot roast , rice, vegetable side	30 Broccoli cheddar soup					