

November 2023



Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 Pecan crusted chicken tenders , broccoli	2 Grilled pork chops , asparagus, homemade buns	3 Pizza bread , fruit	4 Frozen appetizer dinner
5 Thai chicken zucchini noodle soup , bread	6 Easy oven fajitas , corn	7 Sausage breakfast casserole , fruit	8 AIP Chili , pumpkin cheddar muffins	9 Pan cooked salmon , asparagus, rice	10 Pigs in a blanket , shells and cheese, broccoli	11 Grilled jerk chicken , pineapple, rice
12 Chicken cacciatore , pasta	13 Instant Pot pulled pork , homemade buns , vegetable	14 Bacon, scrambled eggs, Greek yogurt pancakes , fruit	15 Mini turkey meatloaves , mashed potatoes, green beans	16 Low carb lasagna , salad	17 Slow cooker tomato soup , grilled cheese	18 Herb crusted pork tenderloin , rice, broccoli
19 Mississippi pot roast , rice, vegetable side	20 Falafel , pita bread, asparagus, pineapple	21 Green shakshuka , biscuits, fruit	22 Easy beef stroganoff , pasta, green beans	23 Thanksgiving	24 Thanksgiving leftovers	25 Thanksgiving leftovers
26 Snack board	27 Feel better chicken soup , salad	28 Waffle House hashbrown bowls , fruit	29 Chicken broccoli alfredo , rice	30 Tortellini, alfredo sauce , frozen meatballs, green beans		