

MEAL PLAN

november

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>Spinach and Ham Quiche Lorraine</u>	2 <u>Ginger Beef</u>	3 <u>One Pot Taco Tortellini</u>	4 <u>Dutch Oven Prime Rib</u>	5 <u>Sausage Sweet Potato Sheet Pan</u>	6 <u>Ground Chicken and Spaghetti</u>	7 <u>Pumpkin Coconut Curry Soup</u>
8 <u>Chicken Pasta w/ Sun Dried Tomatoes</u>	9 <u>Naan Taco Pizza</u>	10 <u>Beef and Barley Stew</u>	11 <u>Pumpkin Chili</u>	12 <u>Ham and Corn Chowder</u>	13 <u>Smoked Ribeyes</u>	14 <u>Chicken Fried Steak w/ White Gravy</u>
15 <u>Spaghetti Squash Enchiladas</u>	16 <u>Homemade Chicken and Dumpling Soup</u>	17 <u>BBQ Poor Man's Burnt Ends</u>	18 <u>Orzo Soup w/ Butternut and White Beans</u>	19 <u>Kale Pesto Orzo</u>	20 <u>Lentil Soup w/ Coconut Milk and Bulgur Wheat</u>	21 <u>Tofu Ricotta Stuffed Shells w/ Spinach</u>
22 <u>Roasted Butternut Squash Soup</u>	23 <u>Sour Cream Chicken</u>	24 <u>Air Fryer Twice Baked Mashed Potatoes</u>	25 <u>Brined Boneless Turkey Breast</u>	26 <u>Thanksgiving Herb Butter Turkey</u>	27 <u>Beef Stew and Dumplings</u>	28 <u>Jerk Chicken Pasta</u>
29 <u>Turkey Pot Pie</u>	30 <u>Steak Fajitas</u>					

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