

MONTHLY MEAL PLAN

NOVEMBER 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1					1 Chili	2 Shrimp Lettuce Wraps	3 Zuppa Tuscano Soup
WEEK 2	4 Sheet Pan Sausage & Veggies	5 Cauliflower Mash with Meatballs	6 Jalapeno Popper Chicken	7 Fish Taco Bowls	8 Slow Cooker Italian Beef	9 Meatball Stuffed Spaghetti Squash	10 Grilled Chili Lime Chicken Fajita Salad
WEEK 3	11 Ranch Baked Pork Chops	12 Pollo Asada	13 Cheesy Ground Beef Cauliflower Casserole	14 Mongolian Beef	15 Baked Cod With Lemon and Garlic	16 Big Mac Salad	17 Broccoli Cheese Soup
WEEK 4	18 Avacado Shrimp Salad	19 Caprese Stuffed Balsamic Chicken	20 Mediterranean Grilled Chicken Thighs	21 Fiesta Lime Chicken	22 Spinach Feta Turkey Burgers	23 Pizza	24 Beef Stew
WEEK 5	25 Meatloaf	26 Lasagna Stuffed Zucchini Boats	27 Steak Fajitas Sheet Pan	28 	29 THANKSGIVING LEFTOVERS	30 THANKSGIVING LEFTOVERS	