

November

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Spinach Stuffed Chicken</u> 1	<u>Garlic Butter Steak with Brussels Sprouts and Butternut Squash</u> 2	<u>Beef & Broccoli With Cauliflower Rice</u> 3	Leftover Night 4	<u>Big Mac Lettuce Wraps</u> 5	<u>Slow Cooker Italian Beef</u> 6	<u>Cauliflower Mash with Meatballs</u> 7
<u>Garlic Butter Chicken Bites</u> 8	<u>Eggroll In A Bowl</u> 9	<u>Chicken Burrito Bowls</u> 10	Leftover Night 11	<u>Chicken & Cauliflower Rice Casserole</u> 12	<u>Balsamic Steak Gorgonzola Salad</u> 13	<u>Ranch Baked Pork Chops</u> 14
<u>Asian Beef with Mushrooms and Snow Peas</u> 15	<u>Honey Mustard Chicken Salad</u> 16	<u>Steak Fajitas Sheet Pan</u> 17	Leftover Night 18	<u>Meatball Casserole</u> 19	<u>Baked Cod With Lemon and Garlic</u> 20	<u>Sheet Pan Sesame Chicken & Veggies</u> 21
<u>Chicken Parm Zucchini Boats</u> 22	<u>Bang Bang Chicken Skewers</u> 23	<u>Taco Casserole</u> 24	Leftover Night 25	 26	<u>Cashew Chicken Lettuce Wraps</u> 27	<u>Zoppa Toscana</u> 28
<u>Cheesy Ground Beef Cauliflower</u> 29	<u>Tuscan Chicken With Spaghetti Squash</u> 30					

SHOPPING LIST:

FAVORITE MEALS: