


November 2024 • • 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 Frozen pizza, frozen broccoli	2 Cajun shrimp fettuccine alfredo , salad
3 Grilled pork chops , asparagus, homemade buns	4 Low carb lasagna , salad	5 Ranch chicken bites , pasta, broccoli	6 Keto Meatloaf , mashed potatoes, green beans	7 Tacos, black beans, corn	8 Feel better chicken soup , salad	9 Herb crusted pork tenderloin , rice, broccoli
10 Bacon, scrambled eggs, Greek yogurt pancakes , fruit	11 Chicken shawarma pita meal	12 Easy beef stroganoff , pasta, green beans	13 Chicken broccoli alfredo , rice	14 Cajun shrimp and sausage skillet	15 AIP Chili, pumpkin cheddar muffins	16 Eat out
17 Sausage breakfast casserole , fruit	18 Crockpot BBQ chicken , buns, green beans	19 Creamy mushroom ramen , bread	20 Instant Pot whole chicken, pepper jack brussels sprouts	21 Swedish meatballs , mashed potatoes, carrots	22 Slow cooker tomato soup, grilled cheese	23 Sausage and peppers, buns , zucchini
24 Waffle House hashbrown bowls , fruit	25 Falafel , pita bread, asparagus, pineapple	26 Instant pot beef and broccoli , cauliflower rice	27 Homemade pizza bread , fruit	28 Thanksgiving	29 Thanksgiving leftovers	30 Snack board

