

November Meal Planner

	Week 1	Week 2	Week 3	Week 4
SUNDAY	Slow Cooker Ribs and Baked Beans Coleslaw Corn on the Cob	Pork Verde Brown Rice Roasted Corn and Tomatoes	Paprika Chicken Black Pea Peas Cornbread Kale Salad	Hawaiian Pork Lunch Plate Pasta Salad Quinoa Braised Cabbage
MONDAY	Waffles with Bacon, Over Easy Egg, & Spinach Fresh fruit	Shredded Pork Rice Bowls: rice, black beans, corn, shredded pork, tomato, lettuce, salsa	Chicken Teriyaki Brown rice Pineapple Steamed vegetables	Carolina Pork Sliders Hawaiian Pasta Salad Pineapple
TUESDAY	Philly Cheesesteaks Baked sweet potato fries Apple Cobbler Dessert	Mexican Pizza Jicama Salad	Shepherd's Pie Green Salad Baked Apples	Chicken Noodle Soup Orange Asian Salad
WEDNESDAY	Chicken Oreganato – oven braised chicken and vegetables Spinach Salad	Carne Asada Roasted zucchini and tomatoes, Black Beans, Guacamole	Loaded Potato Soup Grilled Cheese Sandwiches	Veggie Flatbread Pizza, Green Salad
THURSDAY	Unstuffed Cabbage Rolls Hummus and Pita Tabouli Salad Pickled Cucumbers	Carne Asada Fries Chili Fruit Plate	Prosciutto & Pea Pasta Tomato and Cucumber Salad with Balsamic Vinaigrette	Full Thanksgiving Dinner- Turkey, Dressing, Salads, Veggies, Cranberry Chutney, bread, etc.
FRIDAY	Leftover chicken, hummus, pita, leftover Tabouli, Greek Salad	Taco Soup Veggie Quesadillas (peppers, onion, zucchini, mushrooms)	Shrimp with Fennel and Feta Gingered Carrot Salad Kale salad	Leftover Turkey and Cranberry Sandwiches Fresh veggies Leftover sides/salads
SATURDAY	Miso Ramen Soup with fresh noodles, corn, spinach, pork, egg, bean sprouts	Salmon Vera Cruz, Farro, kale, avocado, and tomato salad	Baked Sticky Wings Roasted maple butternut squash with cranberries Quinoa Salad	Turkey, Zucchini, and Spinach Enchiladas Black beans