









































November 2019 Meal Plan

Week 1	Week 2	Week 3	Week 4
Monday <div> One Pot Rigatoni Bolognese  4 </div> <div> Balsamic Vinaigrette Dressing  16 </div> Tuesday <div> Potato, Beef Tips and Gravy Skillet Recipe  4 </div> <div> Great by itself, but big eaters may need some bread on the side. </div> Wednesday <div> One Pot Creamy Tomato Pasta  4 </div> <div> A delicious vegetarian dish, but you can add grilled chicken if you like. </div> Thursday <div> Instant Pot Chicken Tortilla Soup  6 </div> <div> Easy Homemade Guacamole  8 </div> Friday <div> Crockpot Beef Tips and Mushroom Gravy  6 </div> <div> Instant Pot Mashed Potatoes  6 </div> <div> Easy Sautéed Green Beans  4 </div> Breakfast Idea <div> Cinnamon Apple Baked Oatmeal  6 </div> Treat Idea <div> Chocolate Chip Pumpkin Bread  16 </div>	Monday <div> Pasta Carbonara  5 </div> <div> Easy Sautéed Green Beans  4 </div> Tuesday <div> Caprese Stuffed Balsamic Chicken  4 </div> <div> Serve with pasta and a leafy salad! </div> Wednesday <div> Instant Pot Beef Stew  6 </div> <div> Honey Butter Cornbread  9 </div> Thursday <div> One Sheet Pan Greek Style Easy Baked Chicken Dinner Recipe  4 </div> Friday <div> Slow Cooker Tuscan White Bean Soup with Sausage  6 </div> <div> The Only No Knead Bread Recipe You'll Ever Need  10 </div> Breakfast Idea <div> Baked Pumpkin Oatmeal Cups  12 </div> Treat Idea <div> Autumn Spiced Pear Crisp  6 </div>	Monday <div> Butternut Squash Mac and Cheese with Bacon  8 </div> <div> Winter Fruit Salad  6 </div> Tuesday <div> Easy Italian Meatballs  6 </div> <div> Balsamic Vinaigrette Dressing  16 </div> Wednesday <div> Instant Pot Chicken Thighs in Sun-Dried Tomato Sauce  4 </div> <div> Serve over rice with a side of broccoli. </div> Thursday <div> Mexican Beef and Rice Skillet  4 </div> Friday <div> Creamy Crockpot Chicken Noodle Soup  6 </div> <div> Homemade Mini Garlic Parmesan Monkey Bread  12 </div> Breakfast Idea <div> Cinnamon Sugar French Toast Waffles  4 </div> Treat Idea <div> Pumpkin Chocolate Chip Oatmeal Cookies  16 </div>	Monday <div> Lazy Mom's Chicken Florentine Pasta Casserole  6 </div> <div> White Balsamic Vinaigrette  16 </div> Tuesday <div> Pork Chops with Apples and Onions  4 </div> <div> Crispy Roasted Fingerling Potatoes  6 </div> Wednesday <div> Instant Pot Beef Barley Soup  8 </div> <div> No Knead Homemade French Bread  3 </div> Thursday <div> HAPPY THANKSGIVING! 🍂 </div> Friday <div> 30 Minute Lighter Stovetop Turkey Tetrazzini  4 </div> <div> can be made with leftover turkey, and you can easily serve it with leftover veggie sides </div> Breakfast Idea <div> The Best Homemade Cinnamon Rolls  12 </div> Treat Idea <div> Cranberry Orange Bread  10 </div>