

NOVEMBER 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo	V = Vegan K = Keto GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free		1 Apple Cranberry Walnut Salad	2 Ham & Bean Soup	3 Spinach, Butternut Squash and Pasta Bake
4 SC BBQ Coca-Cola Ribs	5 Pumpkin & Sage Baked Macaroni	6 Turkey-Vegetable Casserole	7 SC Crockpot Stove Top Chicken	8 Ground Beef and Tator Tot Casserole	9 Grilled Chicken Baked Pumpkin Casserole	10 Roasted Butternut Squash Enchilada Casserole
11 SC Taco Soup	12 Sausage & Apple Stuffing	13 Harvest Cobb Salad	14 SC Chicken & Dumplings	15 Pumpkin Lasagna Green Salad	16 SC Sloppy Joes	17 Chicken Noodle Soup Casserole
18 SC BBQ Ranch Meatballs	19 Favorite Apple Chicken Salad	20 4-cheese Butternut Squash Macaroni & Cheese	21 SC Broccoli Cheese Soup	22 Happy Thanksgiving!! Maple-Butter Turkey & Dressing	23 Leftover Turkey Bake	24 Country-Style Chicken Pomegranate & Pear Salad in a Mason Jar (Make ahead)
25 SC Cranberry Chicken Green salad	26 Autumn Lasagna	27 Chicken & Stuffing Casserole	28 SC-GGF Ham & Hashbrowns	29 Roasted Fig and Hazelnut Quinoa Salad	30 Vegetable Beef Soup	
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Overnight Pumpkin Pie French Toast * Clean Eating Crockpot Overnight Pumpkin Spice Oatmeal * Pumpkin Cinnamon Roll Casserole * 44 Oatmeal Recipes for Fall & Winter		* Maple-Pumpkin Spice Chex Mix * Caramel Apple Smoothie * Fall Drinks (non-alcoholic) * 175+ Snack Options		* 150+ Gluten-Free Lunch Ideas * Warm & Easy One Pot Meals * Instant Pot Recipes for Fall * 20 Yummy Fall Soups * 30 Quick & Easy Lunches		* 30+ Thanksgiving Desserts * Easy Apple Crisp * Caramel Apple Crisp Bites * Pumpkin Snickerdoodles * 60+ Pie Recipes