

November Dinner Meal Plan

darciesdish.com

Week #1: October 28-November 3

Sunday: [Easy Broccoli Cheese Soup](#) (S)

Monday: Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Tuesday: [Cheesy Beef Stroganoff Casserole](#) with steamed broccoli on the side (S)

Wednesday: [Italian White Bean & Spinach Soup](#) (E)

Thursday: Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Friday: Taco Salad - [ground beef](#) over lettuce with cheddar cheese, sour cream and salsa (S)

Saturday: Pizza Casserole – layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes (S)

Week #2: November 4-10

Sunday: [Hearty Two Bean and Lentil Chili](#) (E)

Monday: Spaghetti with meat sauce served over zoodles (S) ***Use [this gadget](#) to make your zoodles

Tuesday: [Zesta Salsa Chicken & Black Bean Casserole](#) (E)

Wednesday: 10 Minute Chinese Chicken Salad 9S) pg. 199 in [Trim Healthy Table](#)

Thursday: [Creamy Taco Soup](#) (S)

Friday: Crock Pot Buffalo Chicken wrapped in Romaine lettuce leaves (S) pg. 92 in [Trim Healthy Table](#)

Saturday: Pizza Casserole – layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes (S)

Week #3 November 11-17

Sunday: [Crock Pot Barbacoa Beef](#) served over lettuce and topped with cheddar cheese and sour cream (S)

Monday: Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)

Tuesday: Chicken Double Fried Rice (E) pg. 53 in [Trim Healthy Table](#)

Wednesday: [Low Carb Beef & Cheese Enchiladas](#) (S)

Thursday: Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Friday: Classic Chicken & Rice Soup (S) pg. 40 in [Keto Soups & Stews](#)

Saturday: Pizza Casserole – layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes (S)

Week #4 November 18-24

Sunday: [Lovin' TexMex Skillet](#) (E)

Monday: Teriyaki Beef & Broccoli over Cauli-rice (S) pg. 82 in [Trim Healthy Table](#)

Tuesday: [Cream Taco Soup](#) (S)

Wednesday: [Sweet & Spicy Stir-fry](#) over brown rice (E)

Thursday: Happy Thanksgiving!!! We'll be having leftovers from our main Thanksgiving meal at lunch.

Friday: Taco Salad - [ground beef](#) over lettuce with cheddar cheese, sour cream and salsa (S)

Saturday: Pizza Casserole – layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes (S)

Week #5 November 25-December 1

Sunday: Whoop Whoop Soup (S) pg. 149 in [Trim Healthy Table](#)

Monday: [Lovin' TexMex Skillet](#) (E)

Tuesday: Egg Roll in a Bowl (S) pg. 62 in [THM Cookbook](#)

Wednesday: [Hearty Two Bean and Lentil Chili](#) (E)

Thursday: This is my husband and my 15th wedding anniversary!! We'll be going out WITHOUT children :)

Friday: Spaghetti with meat sauce served over zoodles (S) ***Use [this gadget](#) to make your zoodles

Saturday: Pizza Casserole – layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes (S)