

november

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct (S) (28) Easy Broccoli Cheese Soup	(E) (29) Cowboy Grub pg. 59 THM <small>cook book</small>	(S) (30) Cheesy Beef Stroganoff Casserole w/ Broccoli	(E) (31) Italian White Bean + Spinach Soup	(E) (1) Chicken Fried Double Rice pg. 53 THT	(S) (2) Taco Salad	(S) (3) Pizza Dish
(E) (4) Hearty 2 Bean + Lentil Chili	(S) (5) Spaghetti w/ Meat Sauce over Zoodles	(E) (6) Zesty Salsa Chicken + Black Bean Casserole	(S) (7) 10 Minute Chinese Chicken Salad pg. 199 THT	(S) (8) Creamy Taco Soup	(S) (9) Crock Pot Buffalo Chicken wrapped in lettuce pg. 92 THT	(S) (10) Pizza Dish
(S) (11) Crock Pot Barbacoa Beef over lettuce	(S) (12) Trim Zuppa Toscana pg. 86 THM <small>cookbook</small>	(E) (13) Chicken Double Fried Rice pg. 53 THT	(S) (14) Low Carb Beef + Cheese Enchiladas	(E) (15) Cowboy Grub pg. 59 THM <small>cookbook</small>	(S) (16) Classic chicken + Rice Soup pg. 40 Keto Soups + Stews	(S) (17) Pizza Dish
(E) (18) Lovin' TexMex Skillet	(S) (19) Teriyaki Beef + Broccoli over Cauli-rice pg. 82 in THT	(S) (20) Creamy Taco Soup	(E) (21) Sweet + Spicy Stir-fry	(22) Happy Thanksgiving! (Leftovers from lunch)	(S) (23) Taco Salad	(S) (24) Pizza Dish
(S) (25) Whoop Whoop Soup pg. 149 THT	(E) (26) Lovin' TexMex Skillet	(S) (27) Egg Roll in a Bowl pg. 62 THM <small>cookbook</small>	(E) (28) Hearty 2 Bean + Lentil Chili	♥ (29) 15th Anniversary Out to eat ♥	(S) (30) Spaghetti w/ Meat Sauce over Zoodles	Dec. (S) (1) Pizza Dish

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