

december

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV. (S) (25) Whoop Whoop Soup pg. 149 THT	(E) (26) Lovin' TexMex Skillet	(S) (27) Egg Roll in a Bowl pg. 62 THM ^{cook book}	(E) (28) Hearty 2 Bean & Lentil Chili	♥ (29) 15th Anniversary out to eat	(S) (30) Spaghetti w/ Meat sauce over zoodles	(S) (1) Easy Pizza Casserole pg. 126 THT
(S) (2) Crispy Baked Buffalo Chicken w/ broccoli pg. 236 Everyday Keto	(E) (3) Fiesta Quinoa Chicken Skillet	(S) (4) Trim Zuppa Toscana pg. 86 THM ^{cookbook}	(E) (5) Sweet + Spicy Stir-fry	(S) (6) Low-carb Beef + Cheese Enchilada	(S) (7) Creamy Taco Soup	(S) (8) Easy Pizza Casserole pg. 126 THT
(S) (9) Spaghetti w/ Meat sauce over zoodles	(E) (10) Italian White Bean + Spinach Soup	(S) (11) Easy Taco Pie w/ lettuce on side pg. 218 ^{Everyday Keto}	(E) (12) Lovin' TexMex Skillet	(E) (13) Chicken Fried Double Rice pg. 53 THT	(S) (14) White Chicken Lasagna over zoodles	(S) (15) Easy Pizza Casserole pg. 126 THT
(E) (16) Zesty Salsa Chick Black Bean Casserole	(E) (17) Hearty 2 Bean + Lentil Chili	(S) (18) Spaghetti w/ meat sauce over zoodles	(E) (19) Sweet + Spicy Stir-fry	(S) (20) Bacon, Spinach and Feta Frittata w/ side salad pg. 248 Everyday Keto	(S) (21) Creamy Taco Soup	(S) (22) Easy Pizza Casserole pg. 126 THT
(E) (23) Chicken Fried Double Rice pg. 53 THT	(S) (24) Grilled Steak, Roasted veggies & salad	(25) Merry Christmas! 🎄	(E) (26) Lovin' TexMex Skillet	(S) (27) Egg Roll in a Bowl pg. 62 THM ^{cook book}	(S) (28) Trim Zuppa Toscana pg. 86 THM ^{cookbook}	(S) (29) Easy Pizza Casserole pg. 126 THT

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