

**Week #1: November 1-7**

S- [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe for my family of 7  
M - Deconstructed Fajitas over brown rice (E) pg. 56 in [Trim Healthy Table](#)  
T - Totally Dope Chicken in a low carb tortilla with fresh veggies on the side (S) pg. 104 in [Trim Healthy Table](#)  
W - Spaghetti meat sauce over cauli rice and with a side salad (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.  
Th - Insanely Simple Chicken Fiesta Soup (E) pg. 151 in [Trim Healthy Table](#)  
F - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)  
Sat - Cabb & Saus Skillet with broccoli on the side (S) pg. 58 in [THM Cookbook](#)

**Week #2: November 8-14**

S - Egg Roll in a Bowl over brown rice (E) pg. 62 in [THM Cookbook](#)  
M - Chicken Enchilada Stuffed Spaghetti Squash (S) pg. 132 in [Trim Healthy Table](#)  
T - Succulent Barbacoa Beef over salad (S) pg. 108 in [Trim Healthy Table](#)  
W - Tuscan Cream Chicken over cauli rice with a salad on the side (S) pg. 72 in [Trim Healthy Table](#)  
Th - [Hearty Two Bean and Lentil Chili](#) (E)  
F - [Fathead Pizza](#) (S) \*\*\*I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.  
Sat - Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

**Week #3: November 15-21**

S - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)  
M - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)  
T - [Slow Cooker Chicken and Quinoa Chili](#) (E)  
W - Chicken Alfredo over zoodles with broccoli on the side (S) pg. 67 in [THM Cookbook](#)  
Th - [Creamy Taco Soup](#) (S)  
F - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)  
Sat - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

**Week #4: November 22-28**

S - Teriyaki Beef & Broccoli over cauliflower rice (S) pg. 82 in [Trim Healthy Table](#)  
M - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) (E)  
T - Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)  
W - Spaghetti meat sauce over cauli rice and with a side salad (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.  
Th - Thanksgiving leftovers  
F - [Fathead Pizza](#) (S) \*\*\*I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.  
Sat - Chicken Sausage Gumbo (E) pg. 89 in [Trim Healthy Table](#)

**Week #5: November 29 - December 5**

S - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)  
M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)  
T - Wicked White Chili (E) pg. 37 in [THM Cookbook](#)  
W - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)  
Th - Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)  
F - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)  
Sat - Egg Roll in a Bowl Part Deux (FP) pg. 63 in [Trim Healthy Table](#)