

## Week by Week Meal Plan: November 2021

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### Week #1: October 31 - November 6

S - [Chicken Stir-fry](#) (2 lbs boneless skinless chicken breasts, carrots, an onion and (2) bags of frozen broccoli) over brown rice with water to drink (E)

M - Taco Salad – [ground beef](#), lettuce, cheddar cheese, salsa and sour cream (S)

T - [Curried Chicken and Brown Rice](#) with broccoli on the side (E)

W - Tuscan Cream Chicken over cauliflower rice with a side salad (S) pg. 72 in [Trim Healthy Table](#)

Th - [Italian White Bean and Spinach Soup](#) (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 - Cabb & Saus Skillet with green beans (I'm using canned) on the side (S) pg. 58 in [THM Cookbook](#)

### Week #2: November 7-13

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

M - Chicken Enchilada Stuffed Spaghetti Squash (S) pg. 132 in [Trim Healthy Table](#)

T - [Slow Cooker Chicken and Quinoa Chili](#) (E)

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 - [Creamy Taco Soup](#) (S)

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

### Week #3: November 14-20

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

M - Deconstructed Fajitas over brown rice (E) pg. 56 in [Trim Healthy Table](#)

T - Succulent Barbacoa Beef over salad (S) pg. 108 in [Trim Healthy Table](#)

W - [Slow Cooker Italian Beef & Cabbage](#) (S)

Th - [Quinoa, Kale & White Bean Soup](#) (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 #4: November 21-27

S - Black Pepper Chicken over cauliflower rice (FP) pg. 68 in [Trim Healthy Table](#)

M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side (S)

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 - Happy Thanksgiving to my readers in the USA! If you are not in the US, plan on [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 - Cancun Chicken over cauliflower rice (FP) pg. 117 in [Trim Healthy Future](#)

### Week #5: November 28 - December 4

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

M - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) (E)

T - [Chicken and Chickpea Stew](#) (E)

W - Chicken Florentine over zoodles with broccoli on the side (S) pg. 46 in [THM Cookbook](#)

Th - [Jalapeno Chicken Bacon Chowder](#) (S)

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 - Shepherd's Pie Skillet (S) pg. 132 in [Trim Healthy Future](#)