

## Dinner Meal Plan – November 2022

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### Week #1: October 30-November 5

S- [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe for my family of 8  
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 6-12

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 13-19

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 20-26

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 27 – December 3

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](#)