

November 2023 THM Dinner Meal Plan

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Week #1: October 29 – November 4

S – Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)

M – Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)

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

W – [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side (S)

Th – [Lovin' TexMex Skillet](#) (E)

F – Insanely Simple Chicken Fiesta Soup (E) pg. 151 in [Trim Healthy Table](#)

Sat – [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.

Week #2: November 5-11

S – [Cheddar, Bacon & Veggie Frittata](#) (S)

M – [Italian White Bean and Spinach Soup](#) (E)

Tue – [Low Carb Beef & Cheese Enchiladas](#) with lettuce on the side (S)

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

Th – [White Chicken Lasagna](#) over [Zoodles](#) (S)

F – Wicked White Chili (E) pg. 37 in [THM Cookbook](#)

Sat – [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.

Week #3: November 12-18

S – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 in [Trim Healthy Table](#)

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

Tue – [Hearty Two Bean and Lentil Chili](#) (E)

W – Spaghetti with meat sauce over [Zoodles](#) with a side salad (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

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

F – [Creamy Taco Soup](#) (S)

Sat – [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.

Week #4: November 19-25

S – Wicked White Chili (E) pg. 37 in [THM Cookbook](#)

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

Tue – Spaghetti with meat sauce over [Zoodles](#) with a side salad (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

W – [Creamy Taco Soup](#) (S)

Th – leftover Thanksgiving meal

F – [Low Carb Beef & Cheese Enchiladas](#) with lettuce on the side (S)

Sat – [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.

Week #5: November 26 - December 2

S – Hearty Lentil, Chicken Sausage and Spinach Soup (E) pg. 85 in [Trim Healthy Table](#)

M – [Cheddar, Bacon & Veggie Frittata](#) (S)

Tue – [Lovin' TexMex Skillet](#) (E)

W – Dreamy Chicken Lazone over cauli rice with green beans on the side (S) pg. 50 in [Trim Healthy Table](#)

Th – Trim Zuppa Toscana (S) pg. 86 in the [THM Cookbook](#)

F – Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)

Sat – [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.