

# NOVEMBER 2019 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan <b>K</b> = Keto <b>LC</b> = Low Carb <b>DF</b> = Dairy Free	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>NF</b> = Nut Free <b>SF</b> = Soy Free <b>SGF</b> = Sugar Free				<b>1</b> <a href="#">Ham and Bean Soup</a>	<b>2</b> <a href="#">Pumpkin &amp; Sage Baked Macaroni</a>
<b>3 SC</b> <a href="#">Taco Soup</a>	<b>4</b> <a href="#">Spinach, Butternut Squash and Pasta Bake</a>	<b>5</b> <a href="#">Apple Cranberry Walnut Salad</a>	<b>6 SC</b> <a href="#">BBQ Coca-Cola Ribs</a>	<b>7</b> <a href="#">Pumpkin Lasagna</a> Green Salad	<b>8</b> <a href="#">Turkey-Vegetable Casserole</a>	<b>9</b> <a href="#">Spicy Kielbasa and Spaghetti Squash</a>
<b>10 SC</b> <a href="#">Chicken &amp; Dumplings</a>	<b>11</b> <a href="#">Sausage &amp; Apple Stuffing</a>	<b>12</b> <a href="#">Butternut Squash Pear Soup with Sage</a>	<b>13 SC-GGF</b> <a href="#">Ham &amp; Hashbrowns</a>	<b>14</b> <a href="#">Harvest Cobb Salad</a>	<b>15</b> <a href="#">Autumn Lasagna</a>	<b>16</b> <a href="#">Chicken Noodle Soup Casserole</a>
<b>17 SC</b> <a href="#">BBQ Ranch Meatballs</a>	<b>18</b> <a href="#">Butternut Squash Quinoa Chili</a>	<b>19</b> <a href="#">Ground Beef and Tator Tot Casserole</a>	<b>20 SC</b> <a href="#">Crockpot Stove Top Chicken</a>	<b>21</b> <a href="#">Favorite Apple Chicken Salad</a>	<b>22</b> <a href="#">One Pan Pork Chops with Apples and Onions</a>	<b>23</b> <a href="#">4-cheese Butternut Squash Macaroni &amp; Cheese</a>
<b>24 SC</b> <a href="#">Sloppy Joes</a>	<b>25</b> <a href="#">Roasted Fig and Hazelnut Quinoa Salad</a>	<b>26</b> <a href="#">Vegetable Beef Soup</a>	<b>27 SC</b> <a href="#">Cranberry Chicken</a> Green salad	<b>28 Happy Thanksgiving!!</b> <a href="#">Maple-Butter Turkey &amp; Dressing</a>	<b>29</b> <a href="#">Leftover Turkey Bake</a>	<b>30</b> <a href="#">Butternut Squash Enchilada Casserole</a>
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Apple Pumpkin Muffin Recipe</a> * <a href="#">Easy Mini Maple Bacon Rolls Recipe</a> * <a href="#">Overnight Pumpkin Pie French Toast</a> * <a href="#">Clean Eating Crockpot Overnight Pumpkin Spice Oatmeal</a>		* <a href="#">Pumpkin Spice Granola</a> * <a href="#">Caramelized Pumpkin Seeds</a> * <a href="#">Scarecrow Crunch</a> * <a href="#">175+ Snack Options</a>		* <a href="#">Chicken Salad with Apples and Cashews</a> * <a href="#">Applesauce Pumpkin Bread</a> * <a href="#">20 Yummy Fall Soups</a> * <a href="#">30 Quick &amp; Easy Lunches</a>		* <a href="#">Pumpkin Pie Muddy Buddies</a> * <a href="#">Pumpkin Crunch Cobbler</a> * <a href="#">Pumpkin Chocolate Chip Bundt Cake</a> * <a href="#">60+ Pie Recipes</a>