

NOVEMBER 2026 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>CREAMY SPLIT</u> <u>PEA SOUP</u>	<u>GINGER BEEF</u>	<u>DUTCH OVEN</u> <u>PRIME RIB</u>	<u>PUMPKIN</u> <u>COCONUT</u> <u>CURRY SOUP</u>	<u>CHILI RECIPE</u> <u>WITH CORN</u>	<u>KALE PESTO</u> <u>ORZO</u>	<u>STEAK FAJITAS</u> <u>ON THE GRIDDLE</u>
<u>SPINACH HAM</u> <u>QUICHE</u> <u>LORRAINE</u>	<u>ORZO SOUP</u> <u>WITH BUTTERNUT</u> <u>& WHITE BEANS</u>	<u>CHICKEN PASTA</u> <u>WITH SUN-DRIED</u> <u>TOMATOES</u>	<u>TWICE BAKED</u> <u>MASHED</u> <u>POTATOES IN AIR</u> <u>FRYER</u>	<u>SPAGHETTI</u> <u>SQUASH</u> <u>ENCHILADAS</u>	<u>BEEF & BARLEY</u> <u>STEW (ONE-POT</u> <u>DINNER).</u>	<u>JERK CHICKEN</u> <u>PASTA</u>
<u>BONELESS</u> <u>TURKEY BREAST</u> <u>WITH MAPLE</u> <u>GLAZE</u>	<u>GREEN LENTIL</u> <u>SOUP WITH</u> <u>COCONUT MILK</u> <u>& BULGUR WHEAT</u>	<u>SOUR CREAM</u> <u>CHICKEN</u>	<u>PUMPKIN CHILI</u>	<u>HAM AND CORN</u> <u>CHOWDER</u>	<u>CHICKEN FRIED</u> <u>STEAK WITH</u> <u>WHITE GRAVY</u>	<u>GERMAN</u> <u>BRAISED RED</u> <u>CABBAGE</u>
<u>SMOKED</u> <u>RIBEYES</u>	<u>HOMEMADE</u> <u>CHICKEN AND</u> <u>DUMPLING SOUP</u>	<u>ONE POT TACO</u> <u>TORTELLINI</u>	<u>TOFU RICOTTA</u> <u>STUFFED SHELLS</u> <u>WITH SPINACH</u>	<u>BBQ POOR MANS</u> <u>BURNT ENDS</u>	<u>GROUND</u> <u>CHICKEN AND</u> <u>SPAGHETTI</u>	<u>ROASTED</u> <u>BUTTERNUT</u> <u>SQUASH SOUP</u>
<u>BEEF STEW</u> <u>& DUMPLINGS</u>	<u>NAAN TACO</u> <u>PIZZA</u>			WWW.ASPICEDLIFE.COM		