

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Healthy Turkey Chili w/ whole grain tortillas & Easy Guacamole	2 Quick & Easy Chicken Curry w/ Steamed Brown Rice & peas	3 Instant Pot Vegetable Soup w/ Healthy Cornbread
4 Sweet Potato Turkey Shepherd's Pie w/ mixed greens	5 Apple Cider Baked Chicken w/ Sweet Potatoes , Peppers , & Onions	6 Spinach & Beet Salad w/ Chicken w/ Sweet Country Cornbread	7 Grilled Salmon w/ Sautéed Zucchini & Roasted Sweet Potatoes	8 Southwest Quinoa Power Bowl w/ Honey-Lime Dressing	9 Quick Fall Minestrone w/ Whole Wheat French Bread	10 Kale, Turkey, & Black Bean Tacos w/ Easy Guacamole
11 Stovetop Chicken & Broccoli Casserole w/ Caramelized Butternut Squash	12 Tomato Soup w/ whole-grain bread & Cinnamon Baked Pears	13 Instant Pot Smashed Pinto Beans w/ Sautéed Kale & Sweet Country Cornbread	14 Crockpot Lemon garlic Chicken w/ Carrots & Potatoes on couscous	15 Hearty Lentil & Swiss Chard Soup w/ Whole Wheat French Bread	16 Quick Chicken Cacciatore on whole wheat noodles	17 Chicken, Apple, Sweet Potato, & Brussels Sprouts Skillet
18 Sage & Apple Turkey Burgers w/ Roasted Rosemary Dijon Potatoes	19 One-Skillet Sweet Potato Burrito Bowls w/ Guacamole	20 Instant Pot Zuppa Toscana w/ GF Garlic Cheddar Biscuits	21 Mediterranean Succotash on couscous with mixed greens	22 THANKSGIVING	23 Stove-Top Pinto Beans w/ Sweet Country Cornbread & Sautéed Chard	24 Chicken, Kale & Quinoa Soup w/ Honey Whole-Wheat Rolls
25 Fish Tacos w/ Black Beans & Guacamole	26 Crockpot Whole Chicken w/ Perfect Mashed Sweet Potatoes & Roasted Broccoli & Cauliflower	27 Tuscan Bean Soup w/ Spinach Salad	28 Salmon Gratin w/ Sautéed Kale & Wild Rice & Mushroom Pilaf	29 Slow Cooker Cranberry Chicken on quinoa w/ Collard Greens	30 Crispy Salmon & Arugula Salad w/ Carrot-Ginger Vinaigrette	