

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT 31	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
Breakfast Tofu Scramble	Breakfast Apple Cinnamon Overnight Oats	Breakfast Chocolate Peanut Butter Overnight Oats	Breakfast Apple Cinnamon Overnight Oats	Breakfast Chocolate Peanut Butter Overnight Oats	Breakfast Apple Cinnamon Overnight Oats	Breakfast Breakfast Cookies
Lunch Veggie Powerhouse Sandwich	Lunch Leftovers	Lunch Veggie Powerhouse Sandwich	Lunch Grain, Bean, and Green	Lunch Leftovers	Lunch Veggie Powerhouse Sandwich	Lunch Leftovers
Dinner Veggie Quinoa	Dinner Stuffed Sweet Potato	Dinner Portabella Mushroom Burger	Dinner Tex Mex Bowl	Dinner Pizza Plus	Dinner Grain, Bean, and Green	Dinner Vegetable Dal
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 7	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
Breakfast Avocado Toast	Breakfast Oatmeal with Berries	Breakfast Breakfast Cookies	Breakfast Oatmeal with Berries	Breakfast Chocolate Peanut Butter Overnight Oats	Breakfast Oatmeal with Berries	Breakfast Avocado Toast
Lunch Toaster Oven Quesadilla	Lunch Leftovers	Lunch Veggie Powerhouse Sandwich	Lunch Chickpeas and Greens	Lunch Leftovers	Lunch Grain, Bean, and Green	Lunch Pizza Plus
Dinner Three Bean Chili	Dinner Fettucine with Red Lentil Sauce	Dinner Grain, Bean, and Green	Dinner Three Bean Chili	Dinner Toaster Oven Quesadilla	Dinner Coconut Curried Chickpeas and Sweet Potatoes	Dinner White Bean Stew
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
Breakfast Tofu Scramble	Breakfast Banana Peanut Butter Oatmeal	Breakfast Apple Cinnamon Overnight Oats	Breakfast Banana Peanut Butter Oatmeal	Breakfast Apple Cinnamon Overnight Oats	Breakfast Banana Peanut Butter Oatmeal	Breakfast Breakfast Cookies
Lunch Toaster Oven Quesadilla	Lunch Veggie Powerhouse Sandwich	Lunch Chickpeas and Greens	Lunch Leftovers	Lunch Grain, Bean, and Green	Lunch Leftovers	Lunch Veggie Powerhouse Sandwich
Dinner Grain, Bean, and Green	Dinner Pizza Plus	Dinner Tex Mex Bowl	Dinner Chickpeas and Greens	Dinner Potato Soup	Dinner Toaster Oven Quesadilla	Dinner Layered Bean Dip
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27
Breakfast Avocado Toast	Breakfast Oatmeal with Berries	Breakfast Chocolate Peanut Butter Overnight Oats	Breakfast Oatmeal with Berries	Breakfast Breakfast Cookies	Breakfast Oatmeal with Berries	Breakfast Avocado Toast
Lunch Toaster Oven Quesadilla	Lunch Veggie Powerhouse Sandwich	Lunch Leftovers	Lunch Veggie Powerhouse Sandwich	Lunch Grain, Bean, and Green	Lunch Leftovers	Lunch Chickpeas and Greens
Dinner Basic Taco Salad	Dinner Potato Soup	Dinner Portabella Mushroom Burger	Dinner Coconut Curried Chickpeas and Sweet Potatoes	Dinner Red Lentil Pasta and Veggies	Dinner White Bean Stew	Dinner Grain, Bean, and Green
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 28	NOV 29	NOV 30	DEC 1	DEC 2	DEC 3	DEC 4
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch