

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT 31	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
Breakfast <b>Tofu Scramble</b>	Breakfast <b>Apple Cinnamon Overnight Oats</b>	Breakfast <b>Chocolate Peanut Butter Overnight Oats</b>	Breakfast <b>Apple Cinnamon Overnight Oats</b>	Breakfast <b>Chocolate Peanut Butter Overnight Oats</b>	Breakfast <b>Apple Cinnamon Overnight Oats</b>	Breakfast <b>Breakfast Cookies</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 7	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
Breakfast <b>Avocado Toast</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Breakfast Cookies</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Chocolate Peanut Butter Overnight Oats</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Avocado Toast</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
Breakfast <b>Tofu Scramble</b>	Breakfast <b>Banana Peanut Butter Oatmeal</b>	Breakfast <b>Apple Cinnamon Overnight Oats</b>	Breakfast <b>Banana Peanut Butter Oatmeal</b>	Breakfast <b>Apple Cinnamon Overnight Oats</b>	Breakfast <b>Banana Peanut Butter Oatmeal</b>	Breakfast <b>Breakfast Cookies</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27
Breakfast <b>Avocado Toast</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Chocolate Peanut Butter Overnight Oats</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Breakfast Cookies</b>	Breakfast <b>Oatmeal with Berries</b>	Breakfast <b>Avocado Toast</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks