

# NOVEMBER MEAL PLAN

WEEK OF NOVEMBER 6, 2023

BREAKFAST

M

Oatmeal With  
Pear and  
Almonds and  
Greek Yogurt

T

Broiled  
Grapefruit With  
Yogurt, Nuts and  
Honey

W

Oatmeal With  
Pear and  
Almonds and  
Greek Yogurt

T

Broiled  
Grapefruit With  
Yogurt, Nuts and  
Honey

F

Oatmeal With  
Pear and  
Almonds and  
Greek Yogurt

LUNCH

Veggie Burger

Healthy Chicken  
& Waffle  
Sandwich

Veggie Burger

Healthy Chicken  
& Waffle  
Sandwich

Veggie Burger

DINNER

Roasted  
Vegetable and  
Herbed Goat  
Cheese  
Flatbread

Valerie  
Bertinelli's  
Roasted Cod  
With Cashew-  
Coconut Topping

Parmesan-  
Crusted Chicken  
Piccata

Spaghetti Aglio e  
Olio With  
Sautéed Shrimp

Leftovers or  
Takeout

## SNACK LIST

- Baby carrots and roasted chickpeas
- ½ grapefruit with nuts
- Grape tomatoes with cucumber
- Snap peas with avocado dip (Mix ⅓ avocado with ¼ cup defrosted frozen peas)
- Frozen blueberries with ricotta cheese