



November Menu

GLUTEN-FREE, SUGAR-FREE
WORKS FOR TRIM HEALTHY MAMA

DINNERS

1. Perfect Pizza w/ salad (S) (Trim Healthy Mama Cookbook p. 211)
2. Beef Stew with Mushrooms (S) (substitute flour with baking blend, substitute cooked spaghetti squash for noodles or just skip the noodles and serve with veggies; I also sub 1/2 cup beef broth for red wine)
3. Freezer Cooking Session - eat Cowboy Grub (E) tonight
4. Loaded spaghetti squash w/ a side of buttered green beans (S)
5. Chicken Divan Casserole (S) (you will need four cooked chicken breasts for this, three for the casserole and one for the cream of chicken soup, so you may want to bake the chicken ahead of time)
6. Cilantro lime-burst chicken thighs (S) (Trim Healthy Mama Cookbook, p. 54)
7. Easy Crockpot White Bean Chicken Soup (E) from Mrs. Criddle's Kitchen
8. Pot roast w / salad and green beans (S)
9. Paleo Taco Skillet (S)
10. Wipe Your Mouth BBQ (E) (from freezer cooking session)
11. Crockpot Sausage and Peppers (S)
12. Best Drumsticks Ever w/ Side Salad (S)
13. Parmesan Mayo Salmon w/ frozen veggies (S)
14. Crockpot Salsa Verde Chicken over brown rice (E)
15. Creamy Chicken and Wild Rice Soup (E) (Trim Healthy Mama Cookbook p.100)
16. Pizza Casserole (the easy way) (S)
17. Lemon Herb Drummies (S) (from freezer cooking session)
18. Tacos with no shell (S)
19. Swedish Meatballs in Cream Sauce (S) (Trim Healthy Mama Cookbook p. 60)
20. Easy Crockpot White Bean Chicken Soup (E)
21. Loaded Buffalo Chicken Casserole (S)
22. Meat Roma Pie (S)
23. Slim Sloppy Joes w/ salad (S) (from freezer cooking session)
24. Cheeseburgers w/ no bun, salad, and frozen veggies (S)
25. Crispy Lickin' Chicken (S) (from freezer cooking session)
26. Creamy Southwestern Taco Soup (S)
27. Cowboy Grub (E) (from freezer cooking session)
28. Whole Roasted Chicken with green beans (S)
29. Spaghetti squash w/ Chicken Alfredo Sauce (S)
30. Southwest Crockpot Chicken (E)

BREAKFASTS

1. Breakfast Casserole (S)
2. Eggs and Bacon (S)
3. Low-Carb German Pancake (S)
4. Protein Shake from DashingDish.com (S)
5. Overnight Oatmeal (E) (the recipe at this link makes 1 serving, so multiply as needed for the family)
6. Peanut Butter Blizzard (S)
7. Fried eggs with sausage (S)

LUNCHES

1. Organic hot dogs with sliced veggies (S)
2. Big Salad w/ lunch meat, veggies, and ranch dressing (S)
3. Quinoa with diced cooked chicken breasts, salt, and pepper (E)
4. Snacks - Veggies w/ dip, deli meat, nuts, and cheese (S)
5. Smoked salmon w/ mixed baby green salad and vinaigrette (S)
6. Turkey and cheese roll ups w/ boiled eggs and sliced tomatoes (S)
7. leftovers

SNACKS

nuts and cheese
boiled eggs
sliced veggies
protein shakes