



# November Menu 1



## MONDAY

Breakfast	<a href="#"><u>Baked Apple Oatmeal Bars</u></a>
Lunch	<a href="#"><u>Apple Cranberry Chicken Salad</u></a>
Snack	Greek yogurt with berries
Dinner	Turkey Burgers & Sweet Potato Fries

## TUESDAY

Breakfast	<a href="#"><u>Baked Apple Oatmeal Bars</u></a>
Lunch	<a href="#"><u>Apple Cranberry Chicken Salad</u></a>
Snack	<a href="#"><u>Roasted Pumpkin Pie Chickpeas</u></a>
Dinner	<a href="#"><u>Healthy Air fryer Chicken Taquitos</u></a>

## WEDNESDAY

Breakfast	<a href="#"><u>Baked Apple Oatmeal Bars</u></a>
Lunch	<a href="#"><u>Apple Cranberry Chicken Salad</u></a>
Snack	Deli meat and cheese rolls
Dinner	<a href="#"><u>One Pan Sausage Butternut Squash and Apples</u></a>

## THURSDAY

Breakfast	<a href="#"><u>Baked Apple Oatmeal Bars</u></a>
Lunch	<a href="#"><u>Apple Cranberry Chicken Salad</u></a>
Snack	Pumpkin seeds
Dinner	Left overs

## FRIDAY

Breakfast	<a href="#"><u>Baked Apple Oatmeal Bars</u></a>
Lunch	<a href="#"><u>Apple Cranberry Chicken Salad</u></a>
Snack	Protein Shake
Dinner	<a href="#"><u>Keto Cauliflower Pizza Dinner Casserole</u></a>

