

Meal Planning
Calendar

November 2014

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2 Lettuce W/Lraps And Fried Rice Make Bread Make German Chocolate Cake	3 Birthday dinner!	4 Chef salad	5 Sweet potato black bean enchiladas	6 Chicken pesto pasta Make and freeze extra pesto	7 Salmon Parmesan risotto	8 Pulled pork shoulder Coleslaw
9 Corn chowder and biscuits Make Bread	10 Hamburgers and salad	11 Summit salad (Whitewater) with Dijon chicken	12 Fajitas (beef) Fajita seasoning	13 Pad Thai (Whitewater)	14 Chicken Pot Pies (Make 6 extra for freezer) pastry	15 Home made Sushi night
16 Thai Coconut curry soup (Whitewater) and gyoza (leftover frozen) Make Bread	17 Marinated salmon Wild rice pilaf	18 Pork Chops in Mushroom sauce Make Cookies for freezer- Cosmic cookies	19 Quinoa Peanut Chicken salad	20 Creamy Bean Burritos	21 Chicken Alfredo Alfredo sauce **sub milk for cream	22 Home Made Pizzas Quick pizza dough
23 Tortilla Soup Make Bread	24 Out for dinner	25 Slow cooker Honey Chicken with rice	26 Steak and potatoes and green salad Chickpea Curry (Whitewater)	27 Smoked salmon Pasta with basil, tomatoes, onions, artichokes and feta	28 Chicken Parmesan	29 Crock Pot Spaghetti Sauce (Spaghetti Dinner)

Nov 30 Make Bread Slow cooker Jambalaya	1 Chicken Pot pies (from freezer)	2 Use Frozen Spaghetti sauce- Pasta dinner	3 Steak, potatoes, greek salad	4 Tex mex Spaghetti squash (home made salsa, feta, cheddar, black beans, bread cru)	5 Chicken wings Asian noodle salad	6 Curry Craft night??
7 Make Bread Roast Beef Dinner	8 Leftover Roast beef stirfry	9 Baked macaroni	10 Chili	11 Quinoa and beans stuffed peppers	12 Salmon Red Curry	13 Roasted veggie Strudel with balsamic reduction (Whitewater)
14 Make Bread Thai Satay pork tenderloin	15 Pad Thai	16 ** Chicken Pot pies (from freezer- see nov. calendar for recipe)	17 ** Hamburgers	18 Thai Chicken noodle salad	19 Breakfast dinner- sausage, hash, pancakes	20 Deep fryer night! Wings, gyoza, fries
21 Make Bread Leftover Chili	22 Chicken Quesadillas	23 Cheesy spaghetti squash	24 Home made pizzas	25 Christmas- Turkey Dinner	26 Leftovers!	27 Holiday Cooking Make Turkey Soup And biscuits
28 Spaghetti	29 Turkey Pot pie	30 Lettuce Wraps and Gyoza	31 Dinner Out			

Meal Planning : December 2014

Shopping List for the Week of: Nov 8-14

Shopping List for the Week of: Nov 15-21

Shopping List for the Week of: Nov 22-28

Shopping List for the Week of: Nov 29- Dec 5

Shopping List for the Week of: Dec 6-12

Shopping List for the Week of: Dec 13-19

Shopping List for the Week of: Dec 20-26

Shopping List for the Week of: Dec 27- Jan 2