

# November 2024

## MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
<p>all recipes &amp; meal plans free on <a href="http://jordosworld.com">jordosworld.com</a> or use recipes to make a <a href="#">free custom meal plan</a></p> <p> JORDOSWORLD.COM</p>					01 <u>Baked Rigatoni</u>	02 <u>Creamy Sausage Tortellini Soup</u>
03 <u>Crockpot Marry Me Chicken Pasta</u>	04 <u>Healthy Chicken Enchiladas</u>	05 <u>Sweet Potato Burger Bowl</u>	06 <u>Salmon Roll Sushi Bowl</u>	07 <u>Slow Cooker Teriyaki Chicken</u>	08 <u>Pizza Pasta Casserole</u>	09 <u>Healthy White Chicken Chili</u>
10 <u>Crockpot Chicken Spaghetti</u>	11 <u>General Tso Meatballs + Rice</u>	12 <u>Ranch Chicken Casserole</u>	13 <u>Green Chili Chicken Skillet Enchiladas</u>	14 <u>30-Minute Teriyaki Bowl</u>	15 <u>Marry Me Chicken Pasta</u>	16 <u>Sausage Kale White Bean Soup</u>
17 <u>Crock Pot Salsa Chicken &amp; Rice Bowls</u>	18 <u>Cheese burger Tater Tot Casserole</u>	19 <u>Crockpot Alfredo Marinara Chicken Pasta</u>	20 <u>Cheesy Chicken Crescent Roll Casserole</u>	21 <u>Ground Turkey Skillet with Veggies</u>	22 <u>Crockpot Mexican Chicken Recipe</u>	23 <u>Slow Cooker Turkey Chili</u>
24 <u>Crockpot Honey Garlic Chicken</u>	25 <u>Easy Taco Skillet</u>	26 <u>Cheese-burger Casserole</u>	27 <u>Mexican Tater Tot Casserole</u>	28 <u>Egg Roll in a Bowl</u>	29 <u>Ground Turkey Sweet Potato Skillet</u>	30 <u>Chicken Ramen Stir Fry</u>