

# Food & Meal Ideas *for* November Sixteenth *to* Twenty-Second

..... Ordinary & Happy .....

		BREAKFAST	LUNCH	DINNER
SUN	16	Apple-cinnamon French toast	Avocado toast with eggs and smoked salmon	Meatloaf and mashed potatoes
MON	17	Granola and yogurt	Sweet chili chicken wrap	Butternut squash soup
TUE	18	Mixed berry overnight oats	Brisket sandwich	Chicken skewers with side salad
WED	19	Berry banana chia pudding	Hummus and veggie wrap	Steak burrito bowl
THU	20	Banana bread	Caprese sandwich	Sheet-pan lemon chicken and peppers with rice
FRI	21	Muesli, fruit, and yogurt	Pesto chicken sandwich	Sushi bowls
SAT	22	Breakfast burrito	Grilled salmon rice bowl	Chicken salad sandwich