

November 19-23- Thanksgiving Week

	Breakfast	Lunch	Snack	Dinner
Monday	Granola with Bananas and Milk	Pizza Roll-Up; cucumber rounds	Fruit on the Bottom Yogurt	Chicken Fettucine with Marinara Sauce
Tuesday	Egg and Ham Roll-Up	Chicken and Apple Pita	Celery and Carrots in Ranch	Baked Potato Bar
Wednesday	Oatmeal w/ frozen peaches	Mexican Veggie Wrap	Fiesta Black Bean Dip and Veggies	Vegetarian Nachos Grande
Thursday	Tropical Peach Smoothie	Cheese, Crackers and Pears	Save Room for Dinner	Thanksgiving Dinner
Friday	Pumpkin Waffles	Turkey Cranberry Sandwich and Orange Slices	Warm Apples and Cinnamon	Leftovers!

Enjoy our meal plans with your own recipes, or join today to get

- Our healthy recipes that go along with these meals!
- All the nutrition data for all these recipes,
- This shopping list to make these meals
- 28 new healthy recipes each and every week!
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