

November

2016

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Online Workouts // Nutrition Coaching // Accountability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Easy Crockpot Lo Mein - Damn Delicious	16 Chicken Zoodle Soup - Damn Delicious	17 Cauliflower Chowder - Damn Delicious	18 Pumpkin Waffles + Bacon & Eggs- Lexi's Clean Kitchen	19
20	21 Creamy Chicken Mushroom Soup - Damn Delicious	22 Veggie Pizza w/ Cauliflower Crust	23 Greek Lemon Chicken Soup - A Spicy Perspective	24 Thanksgiving	25 Thanksgiving leftovers	26 Crockpot Cubano Bowls - Wicked Spatula
27	28 Sweet Potato and Lentil Chili - Damn Delicious	29 Sheet Pan Asian Stir fry - Damn Delicious	30 Thai Curry Butternut Squash Soup + grilled cheese	Sweet Potato Sloppy Joes - Preppy Paleo	Crockpot Broccoli Cheddar Soup + side salad- Wine & Glue	