

Cook Less, Enjoy More

Simple meals for a busy season. Save your big cooking energy for the holidays.

2 adults

~1,250–1,335 cal/day

Budget ~\$145

Why this menu is so simple: November fills up fast with holiday prep, travel and extra errands. Every dinner is a slow cooker or 30-minute meal, and five meals are built-in leftovers or make-ahead, so you cook less and still eat well all week.

	BREAKFAST	LUNCH	DINNER	SNACK	DAILY TOTAL
Monday	Greek Yogurt & Berry Bowl Greek yogurt, berries, walnuts, chia. No cook. ~315 cal	Tuna Salad Sandwich Tuna, Greek yogurt, celery, whole grain bread, lettuce. No cook. ~360 cal	Slow Cooker Beef & Veggie Stew Beef, potatoes, carrots, celery. <i>Make extra for Tuesday.</i> ~460 cal	Clementine + Pistachios ~115 cal	~1,250
Tuesday	Egg & Cheese Breakfast Sandwich English muffin, egg, cheddar, spinach. ~300 cal	Leftover Beef Stew Reheat Monday's dinner with a slice of whole grain bread. ~370 cal	Sheet Pan Baked Cod & Green Beans Cod, green beans, brown rice, lemon. About 25 min. ~485 cal	Cheddar + Whole Grain Crackers ~145 cal	~1,300
Wednesday MEATLESS	Baked Oatmeal Cups Oats, banana, egg, walnuts, cinnamon, berries. <i>Bake a batch Sunday for Friday too.</i> ~300 cal	Spinach & Cheese Quesadilla Corn tortillas, cheddar, spinach, black beans, salsa. About 10 min. ~345 cal	Veggie Egg Fried Rice Brown rice, eggs, peas & carrots, soy sauce. About 20 min. <i>Make extra for Thursday.</i> ~485 cal	Bell Pepper + Guacamole ~125 cal	~1,255
Thursday	Greek Yogurt & Berry Bowl Greek yogurt, berries, walnuts, chia. No cook. ~315 cal	Leftover Veggie Egg Fried Rice Reheat Wednesday's dinner. ~400 cal	Slow Cooker Salsa Chicken Tacos Chicken, salsa, corn tortillas, cheddar. <i>Make extra for Friday.</i> ~470 cal	Steamed Edamame ~130 cal	~1,315
Friday	Baked Oatmeal Cups Reheat from your Sunday batch, with berries. ~300 cal	Leftover Salsa Chicken Salad Bowl Thursday's chicken over greens, black beans, avocado. ~365 cal	Pan-Seared Pork Chops, Broccoli & Potatoes Pork chop, roasted broccoli, baby potatoes. About 30 min. ~490 cal	Greek Yogurt + Walnuts ~135 cal	~1,290
Saturday	Banana Protein Pancakes Banana, eggs, cinnamon, berries. About 10 min. ~320 cal	Tomato Soup & Grilled Cheese Tomato soup, whole grain bread, sharp cheddar. ~425 cal	Spaghetti & Meat Sauce + Side Salad Whole wheat spaghetti, lean beef, marinara, greens. About 30 min. ~465 cal	Pear Slices + Pistachios ~125 cal	~1,335

This is a sample meal plan. Feel free to swap any meal with one of your personal favorites. This plan is a starting point, not a rulebook.
Prep tip: On Sunday, bake the oatmeal cups for Wednesday and Friday. On Tuesday, cook extra brown rice for Wednesday's fried rice.

Grocery List

November menu · 2 adults · estimated ~\$145 · pantry staples (salt, pepper, olive oil, spices) not included

PRODUCE & FROZEN

- ☐ Bananas 4
- ☐ Clementines 2
- ☐ Pears 2
- ☐ Avocados 2
- ☐ Lemons 2
- ☐ Bell peppers 2 medium
- ☐ Yellow onions 2
- ☐ Carrots 4 medium
- ☐ Celery 1 bunch
- ☐ Garlic 1 head
- ☐ Green onions 1 bunch
- ☐ Broccoli 2 crowns
- ☐ Green beans 1 lb
- ☐ Baby potatoes 2 lb bag
- ☐ Baby spinach 1 (5 oz) bag
- ☐ Mixed greens 2 (5 oz) bags
- ☐ Frozen mixed berries 2 (16 oz) bags
- ☐ Frozen peas & carrots 1 (12 oz) bag
- ☐ Frozen shelled edamame 1 (12 oz) bag

GRAINS & BAKERY

- ☐ Whole grain bread 1 loaf
- ☐ Whole grain English muffins 1 pkg
- ☐ Corn tortillas 1 pkg
- ☐ Whole grain crackers 1 box
- ☐ Rolled oats 1 bag
- ☐ Whole wheat spaghetti 1 box
- ☐ Brown rice 1 bag

MEAT, SEAFOOD, DAIRY & EGGS

- ☐ Beef stew meat 1.25 lb
- ☐ Lean ground beef (93/7) 8 oz
- ☐ Boneless pork chops 2 (6 oz each)
- ☐ Cod fillets 2 (6 oz each)
- ☐ Boneless chicken breasts 1.25 lb
- ☐ Canned tuna 2 cans (5 oz each)
- ☐ Eggs 18-count
- ☐ Plain Greek yogurt 2 tubs (32 oz + 16 oz)
- ☐ Sharp cheddar 1 (8 oz) block
- ☐ Milk (2%) 1 pint

PANTRY & CANNED GOODS

- ☐ Chia seeds 1 small bag
- ☐ Walnuts 1 bag
- ☐ Pistachios, shelled 1 small bag
- ☐ Black beans, canned 2 cans
- ☐ Salsa 1 jar (16 oz)
- ☐ Taco seasoning 1 packet
- ☐ Marinara sauce 1 jar (24 oz)
- ☐ Tomato soup 1 carton
- ☐ Beef broth 1 carton
- ☐ Tomato paste 1 small can
- ☐ Soy sauce, low sodium 1 bottle
- ☐ Dijon mustard 1 small jar
- ☐ Light mayo 1 small jar

Portion Guide

How to measure each meal to hit the calories listed on your November menu

Why this matters: the calorie estimates are based on standard portion sizes. Use this guide alongside the menu to measure each meal. These are estimates, so exact ingredient brands can shift numbers slightly. Use your own judgment and adjust as needed. Meat and fish weights are raw unless marked cooked.

Monday			~1,250 cal
BREAKFAST	Greek Yogurt & Berry Bowl: 1 cup plain Greek yogurt, 1/2 cup berries, 2 tbsp walnuts, 2 tsp chia seeds. <i>No cook.</i>		~315
LUNCH	Tuna Salad Sandwich: 4 oz canned tuna (drained), 1 tbsp Greek yogurt, 1 tbsp light mayo, chopped celery, Dijon, 2 slices whole grain bread, lettuce. <i>No cook.</i>		~360
DINNER	Slow Cooker Beef & Veggie Stew: About 2 cups stew (5 oz beef, potatoes, carrots, celery, onion) with 1 slice whole grain bread. <i>Cook extra for Tuesday's lunch.</i>		~460
SNACK	Clementine + Pistachios: 1 clementine, 2 tbsp shelled pistachios.		~115
Tuesday			~1,300 cal
BREAKFAST	Egg & Cheese Breakfast Sandwich: 1 whole grain English muffin, 1 egg, 2 tbsp shredded cheddar, 1/2 cup spinach, 1 tsp olive oil.		~300
LUNCH	Leftover Beef Stew: About 1 1/2 cups stew with 1 slice whole grain bread. <i>Reheat Monday's dinner.</i>		~370
DINNER	Sheet Pan Baked Cod & Green Beans: 6 oz cod, 1 1/2 cups green beans, 1 cup cooked brown rice, 2 tsp olive oil, lemon, garlic. <i>About 25 min. Cook extra rice for Wednesday.</i>		~485
SNACK	Cheddar + Whole Grain Crackers: 1 slice sharp cheddar (about 3/4 oz), 4 crackers.		~145
Wednesday MEATLESS			~1,255 cal
BREAKFAST	Baked Oatmeal Cups: 2 muffin-size cups from your batch, with 1/2 cup berries. <i>Bake a batch Sunday for Friday too.</i>		~300
LUNCH	Spinach & Cheese Quesadilla: 2 corn tortillas, 1/4 cup shredded cheddar, 1 cup spinach, 1/4 cup black beans, 2 tbsp salsa, 2 tbsp Greek yogurt, 1 tsp olive oil. <i>About 10 min.</i>		~345
DINNER	Veggie Egg Fried Rice: 1 cup cooked brown rice, 2 eggs, 1/2 cup frozen peas & carrots, green onion, garlic, 1 tbsp soy sauce, 2 tsp olive oil. <i>About 20 min. Cook extra for Thursday's lunch.</i>		~485
SNACK	Bell Pepper + Guacamole: 1 bell pepper, sliced, with 1/4 cup mashed avocado and lemon.		~125
Thursday			~1,315 cal
BREAKFAST	Greek Yogurt & Berry Bowl: 1 cup plain Greek yogurt, 1/2 cup berries, 2 tbsp walnuts, 2 tsp chia seeds. <i>No cook.</i>		~315
LUNCH	Leftover Veggie Egg Fried Rice: About 1 1/4 cups, a little smaller than Wednesday's dinner portion. <i>Reheat Wednesday's dinner.</i>		~400
DINNER	Slow Cooker Salsa Chicken Tacos: 4 oz cooked shredded chicken, 3 corn tortillas, 1/4 cup salsa, 2 tbsp shredded cheddar, shredded greens, 2 tbsp Greek yogurt. <i>Cook extra chicken for Friday's lunch.</i>		~470
SNACK	Steamed Edamame: 3/4 cup shelled, lightly salted.		~130
Friday			~1,290 cal
BREAKFAST	Baked Oatmeal Cups: 2 muffin-size cups from your batch, reheated, with 1/2 cup berries. <i>Reheat from your Sunday batch.</i>		~300
LUNCH	Leftover Salsa Chicken Salad Bowl: 3 oz cooked leftover chicken, 1/2 cup black beans, 2 cups mixed greens, 1/4 avocado, 2 tbsp salsa, 1 tbsp shredded cheddar. <i>Thursday's chicken over greens.</i>		~365
DINNER	Pan-Seared Pork Chops, Broccoli & Potatoes: 6 oz boneless pork chop, 1 cup roasted baby potatoes, 1 1/2 cups roasted broccoli, 2 tsp olive oil. <i>About 30 min.</i>		~490
SNACK	Greek Yogurt + Walnuts: 1/2 cup plain Greek yogurt, 1 tbsp walnuts, cinnamon.		~135
Saturday			~1,335 cal
BREAKFAST	Banana Protein Pancakes: 1 banana, 2 eggs and 3 tbsp rolled oats blended and cooked in a nonstick pan, with 1/4 cup berries. <i>About 10 min.</i>		~320
LUNCH	Tomato Soup & Grilled Cheese: 1 cup tomato soup, 2 slices whole grain bread, 3/4 oz sharp cheddar, 1 tsp olive oil.		~425
DINNER	Spaghetti & Meat Sauce + Side Salad: 2 oz dry whole wheat spaghetti, 3.5 oz lean ground beef, 1/2 cup marinara, 2 cups mixed greens, 1 tsp olive oil. <i>About 30 min.</i>		~465
SNACK	Pear Slices + Pistachios: 1 small pear, 1 tbsp shelled pistachios.		~125

Oatmeal cup batch (makes 12, freeze the extras): mix 3 cups rolled oats, 2 mashed bananas, 2 eggs, 1 1/2 cups milk, 1/4 cup chopped walnuts, 1 1/2 tsp baking powder and 1 tsp cinnamon. Bake in a greased muffin tin at 350°F for 20 minutes. A free app like MyFitnessPal or Cronometer can fine-tune any of these numbers, and you can log meals right in the Vitality Transformations App.