November 2026 — Monthly Meal Plan Series

The November Theme:

"GATHER. COOK. SHARE."

November is the month when food becomes more than just dinner.

Families are gathering. Holidays are approaching. Grocery bills can climb. Schedules get busy. And Thanksgiving brings one of the biggest food events of the year.

So November's 1PL8 meal plans focus on:

- **Comfort food without complicated cooking**
- **Budget-friendly family meals**
- **Make-ahead cooking**
- **Using leftovers intentionally**
- **Thanksgiving preparation**
- **Holiday balance—not holiday guilt**

Every week follows the same structure:

YOUR WEEKLY MEAL PLAN
5 dinners designed around overlapping ingredients.

YOUR GROCERY LIST
One organized shopping list.

YOUR PREP GUIDE
One short prep session.

5 DINNERS | 1 GROCERY TRIP | 1 PREP SESSION

WEEK 1

November 2–6, 2026

FALL COMFORT FOOD WEEK

Theme: Warm, satisfying meals that feel like comfort food without requiring all-day cooking.

YOUR 5 DINNERS

Monday — Herb-Roasted Chicken with Sweet Potatoes & Green Beans

Roasted chicken with garlic, herbs, sweet potatoes and green beans all cooked together.

Tuesday — Chicken Harvest Grain Bowls

Use leftover chicken with brown rice, roasted sweet potatoes, greens, apples and a simple maple-Dijon dressing.

Wednesday — Chicken & Vegetable Pot Pie Skillet

Use remaining chicken with carrots, peas, onions and a light creamy sauce. Top with whole-grain biscuits or a simple biscuit topping.

Thursday — Turkey & White Bean Soup

Lean ground turkey, white beans, carrots, celery, onions and herbs in a flavorful broth.

Friday — Turkey Soup & Grilled Cheese

Use the remaining soup and serve with whole-grain grilled cheese sandwiches and a simple salad.

THE SMART MOVE

This week is about **cooking one protein and using it differently**.

Chicken → roasted dinner → grain bowls → pot pie skillet

Then:

Turkey → soup → second-night soup

We're making comfort food practical.

YOUR GROCERY LIST

Protein

- 2½–3 lb boneless chicken breast or thighs
- 1½ lb lean ground turkey

Produce

- 3 sweet potatoes
- 1 lb green beans
- 3 apples
- 4 carrots
- 4 celery stalks
- 2 onions
- Salad greens
- Garlic
- Fresh rosemary or thyme
- 1 lemon

Pantry

- Brown rice
- White beans
- Low-sodium chicken broth
- Frozen peas
- Whole-grain biscuits or biscuit mix
- Dijon mustard
- Maple syrup
- Olive oil
- Italian seasoning
- Black pepper

Dairy

- Whole-grain bread
- Cheddar cheese
- Milk
- Plain Greek yogurt

YOUR PREP GUIDE

Prep Session — Approximately 60 Minutes

1. Roast the chicken.

- Season with garlic, herbs, lemon, olive oil, salt and pepper.

2. Roast the sweet potatoes.

- Make enough for Monday and Tuesday.

3. Cook the rice.

4. Prep soup vegetables.

- Chop carrots, celery and onions.

5. Brown the turkey.

- Cook and refrigerate for Thursday.

6. Make the maple-Dijon dressing.

- Maple syrup + Dijon + lemon + olive oil.

Your goal:

Build your comfort-food week before Monday gets busy.

---

chefrich@1PL8.com / www.1PL8.com