



NOVEMBER
MEAL PLAN

BREAKFAST

5.3 oz cottage cheese

1/4 c pecans

1/2 c strawberries

1 TB ground flax seed

SNACK

1 pkg roasted
seaweed snacks

1 oz turkey jerky

LUNCH

chicken and pear
salad with goat
cheese

DINNER

lentil soup with
chicken sausage and
chard

92 grams **protein**

30 grams **fiber**

Recipes

Chicken and Pear Salad with Goat Cheese

4 oz cooked chicken, chopped
4 oz baby kale
1/4 cup red onion, diced
1 med bosc pear, chopped
1/2 cup quinoa, cooked
2 tablespoons goat cheese
2 tablespoons sunflower seeds

dressing

2 tablespoons lemon juice
3 tablespoons olive oil
1/2 tsp salt
1/4 tsp pepper

- Place all salad ingredients in a bowl.
- Whisk dressing ingredients together.
- Pour dressing over salad and toss to coat.

serves 1