

November Menu Planning



November is a crazy month. Stay ahead of the game and plan your meals now!

Om Nom November

You might remember that we did a **post** on menu planning a little while back. Menu planning is an amazing way to save money and time! However, thinking of meals to make week after week can be a challenge.

To help you out with the month of November, **bigbiteslittlebudget.com** has put together a sample menu plan for you! Feel free to move meals around, swap meals out for ones you like better and completely change it up. The most important thing is that you make a plan and stick with it.

Don't worry; if you have never tried menu planning, this is a great place start! Plus, **bigbiteslittlebudget.com** has included all of the dinner recipes you will need this month and every single one is absolutely delicious.

Here is one of the recipes you won't want to miss!

Pumpkin Pie Bread

bread 

Ingredients

1 ½ cups whole-wheat flour
2 tsp cinnamon
1 tsp baking soda
½ tsp salt
1 tsp vanilla extract
2 eggs
½ cup melted coconut or olive oil
½ cup honey
1 cup pumpkin puree

Directions

Preheat oven to 375 degrees F and spray bread pan with non-stick spray. In a large mixing bowl, whisk eggs, oil, honey, and vanilla. Add in pumpkin and whisk until evenly combined. Add in remaining dry ingredients until well-combined. Pour the batter into the bread pan and bake for 30-40 minutes or until a toothpick comes out clean.

EXTENSION  FOOD  SENSE  This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program-Group.

To find your handy-dandy November menu plan and all SIX delicious recipes, [click here](#).

Happy planning!

References

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