November 2026 Dinner Plan

Balanced and Delicious Each Day

Jennifer Overstreet | Monthly Dinner Menu

With November 2026 here, a little dinner planning now can help on the busy evenings ahead. You'll find Healthy Honey Garlic Chicken (THM E, High Protein & Better Than Takeout) on the menu. Pick the meals that work for your family, and use the recipe links and THM fuel labels below.

Week 1

November 1 - Sunday

Healthy Honey Garlic Chicken (THM E, High Protein & Better Than Takeout) (THM E)

Tender chicken cooked in a savory honey garlic sauce packed with flavor and a hint of sweetness.

November 2 - Monday

The Easiest Crockpot Pizza Bowls Recipe- Trim Healthy Mama S (THM S)

The flavors of pizza, but in your crockpot. Easy, crust-free, and delicious.

Side: Salad

November 3 - Tuesday

Easy and Mouthwatering Crockpot Beef Fajitas (THM S)

Delicious beef fajitas made in the crockpot.

Side: Spanish cauliflower rice, pico de gallo, guacamole

November 4 - Wednesday

Cajun Cabbage Skillet with Ground Beef and Smoked Sausage (THM S)

Cajun-style skillet with ground beef and smoked sausage simmered with cabbage.

November 5 - Thursday

Creamy Chicken Cordon Bleu Skillet | Low Carb & THM S (THM S)

The flavors of Chicken Cordon Bleu in the skillet. Sure to be a family faovrite.

Side: Salad, asparagus, sauteed squash

November 6 - Friday

Lemon Garlic Shrimp Scampi Sheet Pan Dinner (THM S)

Sheet pan dinner featuring lemon garlic shrimp cooked to juicy and flavorful perfection.

November 7 - Saturday

Simple and Delicious Bacon Cheeseburger Soup- Low Carb (THM S)

A creamy and hearty bacon cheeseburger soup with savory beef and smoky bacon.

Week 2

November 8 - Sunday

Crockpot White Chicken Chili (THM E)

Cozy white chicken chili slow-cooked with tender chicken, beans, and warming spices.

November 9 - Monday

Crockpot Ranch Pork Chops with Creamy Mushroom Gravy- THM S (No Packet Needed) (THM S)

Tender Crockpot Ranch Pork Chops cook with onions, mushrooms, garlic, and homemade ranch seasoning before being finished with a creamy mushroom gravy. No ranch packet is needed for this practical THM S, low carb dinner.

Side: Mashed cauliflower, green beans, and/or salad

November 10 - Tuesday

Easy and Delicious Low Carb Mexican Pizza- THM S (THM S)

Taco Bell inspired Mexican pizza at home!!

Side: Spanish cauliflower rice, pico de gallo, guacamole

November 11 - Wednesday

High Protein Chicken Parmesan Meatballs (THM S)

High protein chicken parmesan meatballs baked with cheese and tomato sauce.

Side: Lightened-Up Charro Beans

November 12 - Thursday

Chicken Bacon Ranch Smash Tacos (THM S)

Chicken bacon ranch smash tacos- easy, budget friendly, and delicious!

Side: Salad, bacon green beans

November 13 - Friday

Easy Sheet Pan Mexican Chicken Thighs Dinner (30-Minute Meal) (THM S)

Sheet pan chicken thighs with Mexican spices roasted for a quick, tasty main dish.

November 14 - Saturday

Easy and Delicious Pizza Soup: Low Carb-Trim Healthy Mama S (THM S)

If you like pizza and soup, the flavors of pizza are delicious in this soup recipe.

Week 3

November 15 - Sunday

Lower Calorie, High Protein Burger Bowls (THM E)

Healthy, high-protein burger bowls with tasty veggies for a balanced meal.

November 16 - Monday

Crockpot Chicken Pot Pie with Cheddar Bay Biscuits (THM S)

Comforting crockpot chicken pot pie with cheddar bay biscuits topping a creamy filling.

November 17 - Tuesday

Easy Low Carb Mexican Beef and Rice Casserole- THM S (THM S)

A delicious Mexican casserole

November 18 - Wednesday

Crockpot Chicken Bacon Ranch with Broccoli (THM S)

Crockpot chicken with bacon ranch and broccoli for a creamy, savory comfort meal.

November 19 - Thursday

Easy Philly Cheesesteak Chalupas with Sirloin (THM S)

A delicious chalupa with the flavors of a Philly cheesesteak.

Side: Salad

November 20 - Friday

Easy Greek Chicken Sheet Pan Dinner (THM S)

Juicy lemon-oregano chicken thighs roast with zucchini, tomatoes, red onion, Kalamata olives, and feta in this easy Mediterranean-style sheet pan dinner.

November 21 - Saturday

Creamy Butternut Squash Soup with Italian Sausage and Kale (THM S)

Creamy butternut squash soup with Italian sausage and kale for hearty warmth.

Week 4

November 22 - Sunday

Sheet Pan Butter Garlic Sirloin (Easy One-Pan Steak & Potatoes Dinner) (THM S / XO)

A perfect recipe for a Sunday afternoon. Cozy and comforting.

November 23 - Monday

Crockpot Coconut Curry Chicken- Easy Trim Healthy Mama Recipe (THM S)

Crockpot coconut curry chicken delivering tender meat in fragrant, creamy sauce.

November 24 - Tuesday

Sheet Pan Sirloin Fajitas (THM S)

Sheet pan sirloin fajitas with tender steak and colorful peppers, quick to prepare.

Side: Crispy Air Fried Canned Potatoes

November 25 - Wednesday

Easy Oven-Baked Chicken Parmesan (Low-Carb & THM S) (THM S)

Bring the flavors of Chicken parmesan home for a healthy and delicious dinner.

Side: On plan noodles and salad

November 26 - Thursday

Healthy Bang Bang Chicken- Easy Baked THM S, Low Carb (THM S)

Here's an on plan Thanksgiving menu

November 27 - Friday

High-Protein Mini Meatloaves (THM S, Low Carb, Family-Friendly) (THM S)

Mini meatloaves with juicy beef, perfect family-friendly low carb comfort food.

November 28 - Saturday

Comforting Zuppa Tuscana Soup, Low Carb (THM S)

A perfect soup for a cold day

Week 5

November 29 - Sunday

Crockpot Korean BBQ Beef Bowls (THM S)

Korean BBQ beef bowls served with tender, flavorful slow-cooked beef.

November 30 - Monday

Slow Cooker French Onion Chicken (Easy Low Carb Dinner) (THM S)

Slow cooker French onion chicken with rich caramelized onions and tender meat.

Prep tips

- Plan crockpot meals ahead by prepping ingredients the night before.

- Use sheet pan dinners to save time on cleanup.

- Incorporate optional sides like high-protein mashed potatoes once a week for added variety.

- Prep crockpot or oven meals in larger batches to have leftovers for busy nights.

I hope this November meal plan makes your dinner prep smoother and meals delightful. Enjoy the flavors, and here's to stress-free nights filled with good food and family time!