



| MON  | TUE  | WED   | THU   | FRI   | SAT   | SUN  |
|--|--|---|---|---|---|--|
| <p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Chicken Fajita Soup Book 1   pg 52</li> <li>• Caramel Popcorn Book 2   pg 319</li> </ul> | <p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Massimiliano's Quick and Easy Pasta Book 2   pg 61</li> <li>• Great Garlic Bread Book 2   pg 237</li> </ul> | <p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Food Nanny Grilled Peanut Butter and Jelly Sandwich Book 2   pg 279 (who wants to cook the night before Thanksgiving)</li> </ul> | <p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Please see the next page for Thanksgiving</li> </ul> | <p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Left overs or Pizza of choice</li> </ul> | <p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Sloppy Joes Book 1   pg 152 (make them open faced with cheese for a nice variation)</li> <li>• Potato chips, black olives and carrot sticks</li> </ul> | <p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Slow Cooked Chicken Noodle Soup Book 1   pg 182</li> <li>• French Baguettes Book 1   pg 225</li> </ul> |

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| <p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>• Bangkok Stir Fry Book 2   pg 25</li> <li>• Goey Hot Fudge Sundaes Book 2   pg 303</li> </ul> | <p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>• Penne with Sausage Red Potatoes and Green Beans Book 1   pg 69</li> </ul> | <p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>• Roast Salmon with Tarragon Book 1   pg 97</li> <li>• Rice or Baked Potatoes</li> <li>• Broccoli, carrots steamed</li> </ul> | <p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>• Melt in Your Mouth Burritos Book 2   pg 116</li> <li>• Chips and Salsa or Salsa with Corn Black Eyed Peas Tomatoes and Avocado Book 2   pg 119 Or Sliced Avocado</li> </ul> | <p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>• Mediterranean Pizza Book 2   pg 138</li> </ul> | <p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>• Grilled Jalapeno Burgers Book 2   pg 165</li> </ul> | <p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>• Chicken Tarragon with Cream Book 2   pg 201</li> <li>• Mashed Potatoes with Corn Book 2   pg 199</li> <li>• Green Beans</li> <li>• Old Fashion Biscuits Book 1   pg 240</li> </ul> |



the **FOODNANNY**

*meal plan for* Thanksgiving

THANKSGIVING: Dinner (also go on line to [thefoodnanny.com](http://thefoodnanny.com) and see everything outlined for you including the grocery list) Choose which sides you would like to prepare. Or prepare them all!

Pinzimonio appetizer (vegetable platter, Italian style)

Roast Turkey and Stuffing – Book 1 | pg 178

Classic Mashed Potatoes and Gravy – Book 1 | pg 211

Turkey Gravy – Book 1 | pg 178

Caramelized Sweet Potatoes and Yams – Book 1 | pg 216

Swiss Green Bean Bake – Book 1 | pg 206

Cheesy Broccoli Rice Bake – Book 1 | pg 208

Parmesan-Topped Creamed Corn – Book 1 | pg 206

Liz's Crescent Dinner Rolls – Book 1 | pg 251

Cranberry Sauce (on the package of fresh cranberries at your local grocery store)

Pecan Bars – Book 2 | pg 301

Pumpkin Chocolate Chip Cookies with Maple Cream Frosting – Book 2 | pg 308

Pumpkin Pie – Book 1 | pg 249

Sparkling Water; SAN PELLEGRINO, PERRIER