7-Day Calorie Deficit Meal Plan (GLP-1 Friendly)

Week of November 23 - Thanksgiving Week

	MONDAY Nov 23	TUESDAY Nov 24	WEDNESDAY Nov 25	THURSDAY Nov 26 - Thanksgiving	FRIDAY Nov 27	SATURDAY Nov 28	SUNDAY Nov 29
BREAKFAST	Maple Bacon Protein Breakfast Bowl	Pumpkin Pie Cottage Cheese Overnight Oats	High Protein Freezer Breakfast Burritos	Turkey Sausage Egg Muffin Cups	Turkey Sausage Egg Muffin Cups (leftovers)	Cottage Cheese Breakfast Pizza Sheet Pan Bake	Cottage Cheese Breakfast Pizza Sheet Pan Bake (leftovers)
LUNCH	Autumn Harvest Bowl with Maple Tahini Dressing	Lightened-Up Pierogi Casserole	Lightened-Up Pierogi Casserole (leftovers)	Crunchy Dense Bean Salad	Chicken Pot Pie Stuffed Sweet Potatoes	Chicken Pot Pie Stuffed Sweet Potatoes (leftovers)	Copycat Panera Broccoli Cheddar Soup
DINNER	Crockpot Chicken Broccoli Rice Casserole	Creamy Cajun Shrimp Zoodle Bowls	Creamy Crockpot Greek Chicken	Thanksgiving dinner + Healthy Velvety Green Bean Casserole	Creamy Baked Chicken Tetrazzini	Air Fryer Chicken Fried Steak	Mexican Street Corn and Black Bean Quesadillas

Grocery lists for every recipe are linked in the post. Calorie needs vary; check with your provider about your own targets.