

January 2017 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SC Homestyle Crock Pot Pork Chops Black-Eyed Peas	2 Sun-dried Tomato, Spinach and Bacon Chicken	3 Homemade Chili Crackers	4 SC Crockpot Cheeseburger Soup	5 Bacon Chicken Caesar Casserole	6 Bacon Wrapped Mini Meatloaf Mashed Potatoes Green Beans	7 Easy Homemade Crab Cakes Homemade Fries Roasted Asparagus
8 SC Chicken Burrito Bowls	9 Italian Sausage and Tortellini Skillet Green Salad	10 7-can Chicken Taco Soup	11 SC Crockpot Beef Stew	12 Honey Chicken Sticky Rice	13 Versatile Cabbage and Beef Skillet	14 Pork Tenderloin with Apple Gastrique Red Potatoes
15 SC Crock Pot Vegetarian White Bean Soup	16 Creamy Honey Mustard Chicken with Crispy Bacon Roasted Asparagus	17 GF, P, 30 Make-Ahead Meatballs	18 SC Crock Pot Cheesy Chicken Tator Tot Casserole Green Beans Green Salad	19 Mexican Lasagna Green Salad	20 Homemade BBQ Chicken Pizza	21 Kale Bean Soup
22 SC Slow Cooker Honey Garlic Chicken White or Brown Rice	23 Butternut Squash Soup	24 Easy Baked Spaghetti Green Salad with	25 SC Crockpot Stuffed Cabbage Rolls	26 Ham & Potato Corn Chowder	27 Roast Salmon with Pomegranate Glaze	28 Pizza Pull-Apart Sliders
29 SC Slow Cooker Chicken Chili	30 Spaghetti Squash with Bacon, Spinach and Goat Cheese	31 Pressure Cooker Mongolian Beef White or Brown Rice			SC = Slow Cooker GF = Gluten-Free P = Paleo	GGF = Gluten & Grain free DF = Dairy Free 30 = Whole 30
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * Hot Chocolate Breakfast Smoothie * One Hour Cinnamon Rolls * Overnight French Toast Casserole 		<ul style="list-style-type: none"> * 30+ Family Movie Night Snacks * Clean Eating Real Food Snacks * Self-Serve Healthy Kid Snacks * 175+ Snack Options 		<ul style="list-style-type: none"> * Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * 35+ Homemade Hot Chocolate * 25 Classic Holiday Treats * 25 Cookie & Candy Recipes * 200+ GF Cookie Recipes * Healthy Winter Fruit Salad