

# January 2017 menu Plan

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