

JANUARY 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SC Homestyle Crock Pot Pork Chops Black-Eyed Peas	2 Homemade Chili Crackers	3 SC Chicken Burrito Bowls	Versatile Cabbage and Beef Skillet	5 Homemade BBQ Chicken Pizza	6 Easy Baked Spaghetti Green Salad with Pomegranate Vinaigrette
7 SC Crock Pot Cheesy Chicken Tator Tot Casserole Green Beans Green Salad	8 Mexican Lasagna Green Salad	9 Creamy Honey Mustard Chicken with Crispy Bacon Roasted Asparagus	10 SC Crockpot Beef Stew	11 Sun-dried Tomato, Spinach and Bacon Chicken	12 GF, P, 30 Make-Ahead Meatballs	13 7-can Chicken Taco Soup
14 SC Crock Pot Vegetarian White Bean Soup	15 Bacon Chicken Caesar Casserole	16 Ham & Potato Corn Chowder	17 SC Crockpot Cheeseburger Soup	18 Honey Chicken Sticky Rice	19 Bacon Wrapped Mini Meatloaf Mashed Potatoes Green Beans	20 Roast Salmon with Pomegranate Glaze
21 SC Slow Cooker Honey Garlic Chicken White or Brown Rice	22 Italian Sausage and Tortellini Skillet Green Salad	23 Butternut Squash Soup	24 SC Slow Cooker Chicken Chili	25 Pork Tenderloin with Apple Gastrique Red Potatoes	26 Easy Homemade Crab Cakes Homemade Fries Roasted Asparagus	27 Spaghetti Squash with Bacon, Spinach and Goat Cheese
28 SC Crockpot Stuffed Cabbage Rolls	29 Kale Bean Soup	30 Pizza Pull-Apart Sliders	31 Slow Cooker Mongolian Beef White or Brown Rice		W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
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