

# January 2019 Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SC <a href="#">Homestyle Crock Pot Pork Chops</a> <a href="#">Black-Eyed Peas</a>	2 SC <a href="#">Queso Chicken Chili   Crock Pot Recipe</a>	3 <a href="#">Pasta e Fagioli</a> Garlic Bread	4 K,LC, GF <a href="#">Cheesy Spinach Stuffed Chicken Breasts</a>	5 <a href="#">Lobster Tacos</a> Green Salad
6 SC,LC, K, P <a href="#">Low-Carb Coconut Curry</a>	7 P, LC,GF,SF, DF <a href="#">Paleo Sweet Potato Chili</a>	8 K, LC, GF <a href="#">Easy Zucchini Lasagna Recipe</a>	9 SC,K,GGF, LC <a href="#">Lemon Butter Chicken</a>	10 <a href="#">Creamy Butternut Squash Mac &amp; Cheese</a>	11 K, GF, LC <a href="#">Garlicky Butter Chive Parmesan Pork Chops</a>	12 <a href="#">One-Pot Creamy Garlic Pasta</a>
13 SC <a href="#">Slow Cooker White Chicken Enchiladas</a>	14 LC, K, W30 <a href="#">Pork Egg Roll in a Bowl</a> White/Brown Rice	15 <a href="#">Quick &amp; Easy One-Pot Cajun Sausage Pasta</a>	16 SC, GGF <a href="#">Cheesy Potato Soup</a>	17 <a href="#">Jalepeno Popper Pasta Bake</a>	18 <a href="#">Creamy Lemon and Fresh Tomato Salmon Pasta</a>	19 <a href="#">Meatball Stroganoff Pasta Casserole</a>
20 SC, K, <a href="#">Crock Pot Bacon Cheeseburger Casserole</a>	21 GGF, LC <a href="#">Zucchini Noodles and Shrimp</a>	22 <a href="#">King Ranch Chicken Casserole</a>	23 SC <a href="#">Clean Eating Slow Cooker Turkey Chili</a>	24 K, LC, GF <a href="#">Cheesy Chicken and Broccoli Casserole</a>	25 <a href="#">Apple &amp; Butternut Squash Pulled Pork Casserole</a>	26 <a href="#">Eggplant Parmesan Casserole</a>
27 SC <a href="#">Crock Pot Italian Beef Sandwiches</a>	28 <a href="#">Lobster Mac &amp; Cheese</a>	29 <a href="#">One Pot Creamy Chicken &amp; Vegetable Pasta</a>	30 SC <a href="#">Slow Cooker Beef Tips &amp; Rice</a>	31 <a href="#">Easy Tuna Casserole Recipe Made with Real Food</a>	W30 = Whole30 P = Paleo V = Vegan K = KETO LC = Low Carb	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free SF = Sugar Free
<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="#">The 15 Best KETO Approved Breakfasts</a></li> <li>* <a href="#">18 Must-Try Overnight Breakfasts</a></li> <li>* <a href="#">44 Overnight Oats Recipes</a></li> <li>* <a href="#">Hot Chocolate Breakfast Smoothie</a></li> <li>* <a href="#">One Hour Cinnamon Rolls</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>* <a href="#">Mason Jar Salad Recipes</a></li> <li>* <a href="#">15 KETO Friendly Salads</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="#">25 Mouthwatering Poke Cakes</a></li> <li>* <a href="#">35+ Homemade Hot Chocolate</a></li> <li>* <a href="#">15 Amazing KETO Desserts</a></li> <li>* <a href="#">25 Cookie &amp; Candy Recipes</a></li> <li>* <a href="#">200+ GF Cookie Recipes</a></li> </ul>	