

DECEMBER 2019 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Crock Pot Cubed Steak	2 Spicy Kielbasa and Spaghetti Squash	3 Lasagna Soup	4 Sesame Chicken Crockpot Recipe	5 Olive Garden Chicken Gnocchi Soup	6 Chili Pot Pies + Cornbread Crust	7 Tator Tot Pizza Casserole
8 Slow Cooker Brisket and Onions	9 Sheet Pan Chicken with Red Potatoes and Sage	10 Roasted Eggplant Salad with Smoked Almonds & Goat Cheese	11 Slow Cooker Thick and Chunky Beef Stew	12 Spinach Artichoke Spaghetti Squash Boats with Chicken	13 Skillet Chili Mac	14 Creamy Salmon Bake
15 Slow Cooker Garlic Parmesan Chicken Stew	16 Creamy Tomato Soup	17 Copycat Panera Bread Fuji Apple Chicken Salad	18 Slow Cooker Vegetable Beef Soup	19 Healthy and Easy Turkey Chili Recipe	20 Chicken Cordon Bleu Soup	21 Healthy Mexican Casserole with Roasted Corn and Peppers
22 Slow Cooker Spaghetti & Meatballs	23 Squash, Apple and Warm Lentil Salad	24 Chicken Tortilla Soup	25 Merry Christmas! SC Glazed Ham & Honey Roasted Butternut Squash w/ Cranberries & Feta	26 Baked Rigatoni with Spinach, Provolone & Turkey	27 Smothered Baked Chicken Burritos	28 Cheesy Baked Ziti Green Salad
29 Crockpot Chicken Cacciatore	30 Roasted Vegetable Stuffed Shells	31 Sweet & Spicy Cranberry Meatballs Or try these NYE Appetizers	W30 = Whole30 P = Paleo V = Vegan	K = Keto LC = Low Carb DF = Dairy Free	GF = Gluten-Free GGF = Gluten & Grain free	NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Gingerbread Coffee Cake * Christmas Oats Porridge * Eggnog Pancakes with Vanilla Syrup * Gingerbread Waffles with Vanilla Cream Syrup 		<ul style="list-style-type: none"> * Chocolate Pretzel Snowman * Sweet & Salty Christmas Mix * Ham & Cheese Christmas Cracker Snack * Peppermint Popcorn Bark 		<ul style="list-style-type: none"> * 15 Grown Up Grilled Cheese * 30+ Quick & Easy Lunch Recipes * 150+ Gluten-Free Lunch Ideas * 39 Mason Jar Salad Recipes 		<ul style="list-style-type: none"> * Gingerbread Cake * Polar Bear Graham Cracker Squares * Fluffy S'mores Dip * Peppermint Crunch Sugar Cookie Bars