

HEALTHY AND EASY MEALS MENU

January 2018



	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
	Crockpot Balsamic Pot Roast (DF, EF)	Baked Salsa Chicken (GF)	Pressure Cooker Chicken Tacos (GF,EF)	Crockpot Veggie Soup (GF, DF, EF)	Crockpot Stuffed Peppers Soup (DF, EF)	Honey Glazed Salmon (GF)
7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
Baked Tilapia (GF, DF, EF)	Baked Asian Meatballs (GF)	Baked Chicken Fingers	Slow Cooker Lasagna	Meatball Casserole	Slow Cooker Chicken Cacciatore (GF)	Mini Meatloaf
14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday
Fried Chicken	Slow Cooker Maple Chicken (GF)	Slow Cooker Turkey Meatballs (GF)	Kale Egg Salad Sandwiches (GF)	Instant Pot Teriyaki Drumsticks (GF)	Slow Cooker Chili Beef Stew (GF)	Maple Glazed Grilled Salmon (GF)
21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
Balsamic Grilled Steaks (GF)	Hoppin' John (GF, DF)	Crock Pot Split Pea Soup (GF, DF)	Bacon Ranch Chopped Salad	Southwest Frittata with Chicken (GF)	Baked Chicken Parmesan (GF)	Beef Stew with Cabbage (GF, DF)
28 Sunday	29 Monday	30 Tuesday	31 Wednesday	GF – Gluten-Free DF – Dairy-Free EF – Egg-Free https://www.facebook.com/groups/easyhealthyquickmeals/		
Slow Cooker White Chili	Cauliflower Ham and Cheese Quiche (GF)	Chicken Pot Pie	Chicken Chili (GF, EF)			