

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day casserole New Year's Day	2 Chicken skillet dinner	3 Veggie burgers Oven fries Salad	4 Pork tenderloin Potatoes Broccoli	5 Salmon Orzo Spinach	6
7 Roast chicken Quinoa salad	8 Vegetarian chili	9 Fajitas	10 Stuffed chicken Rice salad	11 Salmon Rice Steamed veggie	12 Pizza night	13
14 Spaghetti Salad Bread	15 Soup and sandwich	16 Taco night	17 Pork chops Mac and cheese Green beans	18 Turkey sausages Roast potatoes Kale salad	19 Sheet pan dinner	20
21 Chicken gumbo	22 Veggie grain bowls	23 Pork stir fry with broccoli slaw	24 Shrimp skillet Rice Salad	25 Slow cooker chicken chili	26 Turkey meatloaf Mashed potatoes Peas	27
28 Chicken casserole	29 Vegetarian curry	30 Enchiladas	31 Breakfast for dinner			