

# December 2017 Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <a href="#">Tortellini Soup</a>	<b>2</b> <a href="#">Easy Garlic Roasted Chicken</a> <a href="#">Apple Cranberry Walnut Salad</a>
<b>3</b> SC <a href="#">Lentil Soup with Kielbasa</a>	<b>4</b> <a href="#">White Chicken Chili</a>	<b>5</b> <a href="#">Spaghetti Bolognese</a> <a href="#">Cheddar &amp; Apple Winter Salad</a>	<b>6</b> SC <a href="#">Black Bean Soup</a>	<b>7</b> <a href="#">30-minute Shepherd's Pie</a>	<b>8</b> <a href="#">Easy Baked Taco Pie</a> Green Salad	<b>9</b> <a href="#">Rosemary Garlic Butter Steaks</a>
<b>10</b> SC <a href="#">Hobo Dinner in the Crockpot</a>	<b>11</b> <a href="#">Philly Cheesesteak Lasagna</a>	<b>12</b> <a href="#">Broccoli Cheese Potato Casserole with Chicken Kiev</a>	<b>13</b> SC <a href="#">Mongolian Beef</a>	<b>14</b> <a href="#">Loaded Baked Potato Soup</a>	<b>15</b> <a href="#">Korean Style Pork Chops</a>	<b>16</b> <a href="#">Chicken &amp; Dumplings Rice Bowl</a>
<b>17</b> SC <a href="#">Vegetable Soup</a>	<b>18</b> <a href="#">Oven Roasted Smoked Sausage &amp; Potatoes</a>	<b>19</b> <a href="#">Simple Chicken &amp; Rice Soup</a>	<b>20</b> SC <a href="#">Creamy Ranch Chicken</a>	<b>21</b> <a href="#">Copycat Olive Garden Minestrone Soup</a>	<b>22</b> <a href="#">Homemade Chili</a>	<b>23</b> <a href="#">French Onion Soup</a>
<b>24</b> SC <a href="#">Super Tender BBQ Roast</a> <a href="#">Holiday Salad w/ Cranberry Apple Orange Vinaigrette</a>	<b>25 Merry Christmas!</b> SC <a href="#">Glazed Ham &amp; Honey Roasted Butternut Squash w/ Cranberries &amp; Winter Salad</a>	<b>26</b> <a href="#">Easy Lemon Chicken Picata</a> <a href="#">Lush Winter Salad</a>	<b>27</b> SC <a href="#">Best BBQ Pulled Pork</a>	<b>28</b> <a href="#">Chicken Pot Pie</a> <a href="#">Crumble</a>	<b>29</b> <a href="#">Creamy Tomato Basil Soup</a>	<b>30</b> <a href="#">Corn &amp; Chicken Chowder</a>
<b>31</b> SC <a href="#">Sweet &amp; Spicy Cranberry Meatballs</a> Try these <a href="#">NYE Appetizers</a>					<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy 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="#">40+ Gluten-Free Breakfasts Recipes</a></li> <li>* <a href="#">50 Slow Cooker Breakfasts</a></li> <li>* <a href="#">55+ THM "E" Breakfasts</a></li> <li>* <a href="#">45+ THM "S" Breakfasts</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>* Try these <a href="#">15 Recipes for Teaching Kids to cook</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="#">35+ Homemade Hot Chocolate</a></li> <li>* <a href="#">25 Classic Holiday Treats</a></li> <li>* <a href="#">25 Cookie &amp; Candy Recipes</a></li> <li>* <a href="#">200+ GF Cookie Recipes</a></li> </ul>