

JANUARY 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan SC = Slow Cooker	K = KETO LC = Low Carb SF = Sugar Free	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free	1 SC Homestyle Crock Pot Pork Chops and Black-Eyed Peas	2 Skillet Chili Mac	3 Bubble Up Pizza Recipe	4 Taco Soup
5 SC Chicken Cacciatore	6 Mexican Lasagna Beef Recipe	7 Pear, Blue Cheese & Walnut Salad with a Maple Syrup Vinaigrette + Grilled Chicken	8 SC Creamy Chicken & Wild Rice Soup	9 Rustic One-Pot Lamb Stew with Potatoes, Tomatoes, Anchovies & Olives	10 Cheesy Pesto Chicken & Veggie Stuffed Spaghetti Squash	11 Stuffed Pepper Soup
12 SC Crockpot Beef Stew	13 French Onion Chicken Noodle Casserole	14 Pomegranate & Pear Salad with your choice of protein	15 SC Butternut Squash, Chicken, & Quinoa Soup	16 Chili Pot Pies with Cornbread Crust	17 SC Sweet and Tangy Brisket	18 Easy Chicken Enchilada Casserole
19 SC Korean-Style Short Rib Soup	20 Butternut Squash & Bacon Salad w/ Maple-Rosemary Vinaigrette	21 7-Can Soup	22 SC Unstuffed Cabbage Rolls	23 Mac and Cheese Dog Casserole	24 Creamy Italian Sausage and Pasta Soup	25 Pesto Pasta with Grilled Chicken
26 SC Honey-Garlic BBQ Meatballs	27 Creamy Ham Potato and Corn Chowder	28 Cheesy Butternut Squash Pasta	29 SC Crockpot Beef Barley Soup	30 Butternut Squash & Cranberry Quinoa Salad + Grilled Chicken	31 Tortellini Chicken Noodle Soup	
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Overnight Cinnamon Apple Oatmeal * Biscuits and Gravy Casserole * Cinnamon Roll Oatmeal * Cinnamon Cream Cheese Rollups * Apple Fritter Breakfast Casserole * 44 Easy Muffin Tin Breakfast Recipes 		<ul style="list-style-type: none"> * Easy Polar Bear Graham Cracker Snacks * Fresh Apple Pie Granola (V, GF) * Orange and Cranberry Chex Mix 		<ul style="list-style-type: none"> * 15 KETO Friendly Salads * Pepperoni Pizza Pockets * 15 Grown-up Grilled Cheese * 53 International Soup Recipes * Chicken Burrito Bowls * Sandwiches & Salads for Winter Lunches 		<ul style="list-style-type: none"> * Peppermint Fluff * Cinnamon Maple Sugar Cookies * Snow Candy * Peanut Butter Monster Cookies