

JANUARY

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Slow Cooker Potato Soup	2 One Pot Turkey Tetrazzini	3 Honey Garlic Salmon	4 Beef Chow Mein	5 French Bread Chicken Alfredo Pizza	6 Healthier Cinnamon Roll Baked Pancake
7	8 Lightened Up Slow Cooker Cheeseburger Soup	9 Honey Lemon Salmon	10 Ranch Pork Chops	11 Healthier Creamy Chicken Spaghetti Bake	12 Pepperoni Florentine Pizza	13 Light Overnight Caramel French Toast
14	15 Spinach Ricotta Slow Cooker Lasagna	16 Beef Taco Bowls	17 One Pot Turkey Chili Mac	18 Light Chicken with Basil Cream Sauce	19 Hearty Vegetable Soup	20 Banana Chocolate Chip Baked Oatmeal Cups
21	22 Slow Cooker Three Bean Beef Chili	23 Honey Garlic Turkey Sloppy Joes	24 Easy Balsamic Veggie Pasta	25 BBQ Chicken Pizza Tacos	26 One Pot Beef and Tomato Macaroni Soup	27 Double Chocolate Muffins
28	29 Slow Cooker BBQ Pulled Pork	30 Quinoa Corn Chowder	31 Healthier Chicken Skillet Parmesan			