MOVEN BEN

2 0 1 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Meat Lovers Shepherd's Pie	Chicken Pot Pie Biscuit Cups	3 Cabbage, Sausage and Potato Soup	4 Our Favorite Breakfast Burritos
5	6 Healthier Slow Cooker Spaghetti and Meat Sauce	7 Chicken Alfredo Quesadillas Recipe	8 Butternut Squash Farro Salad	9 Copycat Panera Broccoli Cheese Soup	10 One Pot Turkey Chili Mac	11 Brown Sugar Glazed Apple Cinnamon Baked Donuts
12	13 Slow Cooker Honey Lemon Chicken	14 Shrimp and Avocado Taco Salad	15 Dill Pickle Soup	16 Smothered Shredded Pork	17 Pizza Spaghetti Squash Boats	18 Apple Coffee Cake with Crumb Topping
19	20 Honey Balsamic Slow Cooker Beef Stew	21 Instant Pot Turkey and Gravy	22 Creamy Nacho Potato Soup	23 30 Minute Honey Lemon Chicken and Potato Skillet	24 Margherita Pizza	25 Blueberry Lemon Muffins with Cream Cheese Swirl
26	27 Slow Cooker Creamy Tomato Soup	Turkey Taco Stew	BBQ Chili Cheese Lasagna	30 Spinach Artichoke Spaghetti Squash	31 Light Chicken with Basil Cream Sauce Recipe	