

# JANUARY

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Turkey Noodle Soup 1	Pan Seared Salmon 2	Sriracha Oven Fried Chicken 3	Instant Pot Barbacoa Beef 4	Apple Cinnamon Oatmeal 5
6	Slow Cooker Chicken Thighs with Apples 7	Instant Pot Roast Beef 8	Turkey Chili 9	Rigatoni Pasta Bake 10	Easy Minestrone Soup 11	Easy Loaded Baked Potato Quiche 12
13	Slow Cooker Mongolian Beef 14	Twice Baked Potato Casserole with Ham 15	Pepperoni Pizza Sliders 16	Pork Pad Thai 17	Chicken Rice Soup 18	Banana Oatmeal Muffins 19
20	Sweet and Sour Crockpot Meatballs 21	Easy Roasted Tomato Soup 22	Baked Ham and Cheese Rollups 23	Chicken and Rice Bake 24	Sheet Pan Shrimp Scampi 25	Double Chocolate Muffins 26
27	Slow Cooker Creamy Vegetable Soup 28	Honey Garlic Salmon 29	Taco Lasagna Recipe 30	Chicken Fajita Rice Bowl 31		