

# JANUARY

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Easy French Toast <sup>1</sup>
2	Crockpot Shredded Chicken <sup>3</sup>	Unstuffed Egg Roll Skillet <sup>4</sup>	Garlic Parmesan Orzo Pasta <sup>5</sup>	Hearty Lentil Soup <sup>6</sup>	Pigs In A Blanket <sup>7</sup>	How To Make An Omelette <sup>8</sup>
9	Slow Cooker Swedish Meatballs <sup>10</sup>	Cheesy Ham and Potato Casserole <sup>11</sup>	Broccoli and Cheese Soup <sup>12</sup>	Instant Pot Pot Roast <sup>13</sup>	Hawaiian Chicken Sheet Pan <sup>14</sup>	Peanut Butter Banana Smoothie <sup>15</sup>
16	Crockpot Potato Soup <sup>17</sup>	Baked Pork Chops <sup>18</sup>	Turkey Kielbasa Pasta Bake <sup>19</sup>	Buffalo Chicken Skillet <sup>20</sup>	Ham and Cheese Casserole <sup>21</sup>	Cinnamon Roll Bites <sup>22</sup>
23/30	Slow Cooker Chicken and Rice <sup>24</sup>  Crockpot Little Smokies <sup>31</sup>	Healthier One Pot Skillet Lasagna <sup>25</sup>	Easy Creamy Salmon Curry <sup>26</sup>	Beef and Barley Soup <sup>27</sup>	Creamy Mushroom Gnocchi <sup>28</sup>	Sheet Pan Pancakes <sup>29</sup>