

APRIL

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Air Fryer Tilapia ¹	Healthy Strawberry Smoothie ²
3	Crockpot Salsa Chicken ⁴	Ground Beef and Potatoes ⁵	Oven Baked Rib ⁶	Instant Pot Pork Chops with gravy ⁷	Tuna Pasta with Tomatoes ⁸	Quiche Lorraine ⁹
10	Crockpot Beef and Noodles ¹¹	Honey Baked Ham ¹²	Creamy Tomato Basil Chicken Breast ¹³	Shrimp Cobb Salad ¹⁴	Flatbread Pizza ¹⁵	Lemon Blueberry Cream Cheese Coffee Cake ¹⁶
17	Slow Cooker Spaghetti Sauce ¹⁸	Ham and Cheese Sliders ¹⁹	Doritos Taco Salad ²⁰	Chicken Pot Pie Casserole ²¹	Air Fryer Calzones ²²	Whole Wheat Pancakes ²³
24	Crockpot Potato Soup ²⁵	Creamy Tomato Rigatoni Pasta ²⁶	Cheesy Ham and Potato Casserole ²⁷	Instant Pot Beef Barbacoa ²⁸	One Pot Chicken Chow Mein ²⁹	Breakfast Foil Packets ³⁰