MONTHLY MEAL PLAN

January

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Crockpot Tortellini	2 Air Fryer Chicken Drumsticks
3 Spinach Bacon Quiche	4 Creamy Vegan Tortilla Soup	5 High Protein Pasta	6 Slow Cooker Mississippi Pot Roast	7 High Protein Chicken Corn Salad	8 Lightened Up Creole Stew	9 Hot Honey Halloumi Salad with Pomegranate
10 Gochujang Chicken Meatballs	11 Sweet Potato Skillet	12 Glass Noodles Chicken Stir Fry	13 Oven Roasted Chicken and Potatoes	14 Shredded Beef Sliders/Sandwiches	15 Vegan Stuffed Acorn Squash with Mushrooms	16 Teriyaki Chicken Meatballs
17 Beef and Broccoli Stir Fry	18 Spicy Shrimp & Mango Bulgur Bowls	19 Sweet and Sour Chicken	20 Homemade Tomato Sauce for Pasta	21 Baked Chicken Orzo	22 Pumpkin Carrot Soup	23 Chicken Shawarma Bowl
24/31 Seared Ahi Tuna ---------- Chicken Wild Rice Casserole	25 Italian Sausage and Broccoli Pasta	26 Vegan Stuffed Mushrooms with Black Lentils	27 Egg & Cottage Cheese Bake	28 Kale and White Bean Soup	29 High Protein Sweet Potato Toasts	30 Eggplant Casserole