

December 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Pizza bread , fruit	3 IP Buffalo Chicken Tacos , corn
4 Beef and butternut squash chili , cornbread	5 Falafel , pita bread, raw veggies, hummus	6 Freezer lasagna , broccoli	7 Chicken shawarma , rice, vegetable	8 Meatloaf , mashed potatoes, salad	9 Creamy spinach and chicken quesadillas , fruit	10 Broccoli and sausage quiche , stick of butter rice
11 Work Christmas Party	12 Tomato soup , grilled cheese	13 Shepherd's pie , rolls	14 Swiss chicken , green beans, rolls	15 Cajun Shrimp and Vegetable Skillet	16 White chicken chili , bread, salad	17 Korean beef lettuce wraps , fruit
18 Chicken Cauliflower Soup , bread	19 Mushroom fettuccine alfredo , salad	20 Homemade curried chicken and broccoli casserole	21 Balsamic chicken , rice, carrots	22 Smoked sausage bowls	23 Vegetable frittata , fluffy pancakes	24 Southern Savers snack board
25  Christmas	26 Chili , cornbread	27 Sausage pasta bake , salad	28 Crispy chicken thighs , potatoes, carrots	29 Bacon wrapped chicken , rice, broccoli	30 Easy Meatball Subs , fruit	31 Finger foods