

January 2023 ❄️ Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 New Year's Day Dinner	2 Peruvian chicken , rice, zucchini, honey wheat rolls	3 Turkey veggie meatballs , frozen broccoli, pasta, marinara	4 Falafel , pita bread, vegetable	5 Turkey burgers , frozen french fries, roasted carrots	6 Creamy basil baked sausage , broccoli, pasta	7 Slow cooker French dip sandwiches , raw veggies and dip
8 Ham and cheese sliders , fruit, vegetable	9 Chicken taco soup , salad	10 Slow cooker ranch chicken , roasted potatoes	11 Broccoli and sausage quiche , stick of butter rice	12 Copicat Chickfila , frozen waffle fries, frozen broccoli	13 Lemon dill tuna patties , green beans	14 Broccoli fettuccine alfredo
15 Chili , cornbread, salad	16 Jerk chicken sheet meal	17 Pasta bar w/homemade alfredo sauce	18 Tacos, black beans , corn	19 Beef burgers , frozen french fries, roasted carrots	20 Pepperoni pizza rolls , frozen broccoli	21 Crispy baked fish nuggets , tater tots, green beans
22 Slow cooker tomato soup , grilled cheese	23 IP chicken carnitas , taco fixings, frozen corn	24 Slow cooker meatloaf , mashed potatoes, green beans	25 Vegetable frittata , fluffy pancakes	26 Family Birthday Dinner	27 Chuck wagon mac , green vegetable	28 Sloppy joes , raw vegetables and dip
29 Chicken florentine soup , salad	30 Slow cooker bacon cheeseburger pie , salad	31 Sheet Pan Crispy Cheddar Pork Chops and Veggies				