

January 2024 • • 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 Grilled chicken , roasted vegetables	3 Spaghetti aglio e olio , salad	4 Pan cooked salmon, quinoa , broccoli	5 Low carb stir fry	6 Black bean quesadillas , salsa, guacamole
7 Baked chicken thighs , sweet potatoes, broccoli	8 Zucchini boats , garlic bread	9 Teriyaki chicken , steamed rice, green bean	10 Pasta with marinara sauce, salad	11 BBQ pork sandwiches , coleslaw	12 Sweet potato and black bean enchiladas	13 Cabbage rolls
14 Tomato soup, grilled cheese	15 Shrimp and broccoli fettuccine alfredo	16 Chicken fajita bowls	17 Pesto chicken pasta with vegetables	18 Lentil tacos , corn	19 Honey garlic pork chops , brussels sprouts, bread	20 BBQ chicken pizza , salad
21 Eggplant parmesan , spaghetti	22 Chicken and broccoli teriyaki , rice	23 Beef and mushroom stroganoff , pasta, zucchini	24 Super simple sausage pasta , broccoli	25 Bacon wrapped chicken , coleslaw	26 Oven hamburgers , french fries, asparagus	27 Cheese tortellini soup , salad
28 Roasted chicken ,	29 Beef burrito bowls , corn	30 Chicken piccata , pasta, green beans	31 Beef and veggie egg noodles			