

January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sheet Pan Lemon Garlic Chicken & Veggie	2 Cheesy Turkey Enchilada Casserole	3
4 Crockpot Pork Carnitas	5 Beef & Potato Shepherd's Pie Bake	6 Lazy Turkey Taco Rice Bowls	7 Shrimp & Green Bean Stir Fry	8 BBQ Ranch Shredded Chicken Wraps	9 Chicken Enchilada	10
11 Korean BBQ Beef & Kimchi Fried Rice	12 Garlic-Ginger Chicken & Broccoli Stir-Fry	13 Smoky Lime Chicken Fajita Fiesta	14 Thai Coconut Curry Chicken	15 Maple-Bourbon Glazed Chicken Breasts	16 Buffalo Chicken Lettuce Wraps	17
18 Mediterranean Chicken & Hummus	19 Chicken Tikka Masala	20 Cheeseburger Mac Cups	21 Teriyaki Ground Beef	22 Beef & Black Bean Chili Verde	23 Buffalo Chicken Stuffed Sweet Potatoes	24
25 Garlic Butter Salmon with Sweet Potato	26 Roasted Sweet Potato & Chickpea	27 Shredded Beef Taco Bowls	28 Cheesy Beef & Tortilla Layer Bake	29 Creamy Chicken and Wild Rice	30 Honey Dijon Chicken	31