

◀ Nov 2017		December 2017					Jan 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 Easy Shepherd's Pie w/ Roasted Broccoli	2 Crockpot White Chicken Chili w/ blue corn tortilla chips	
3 Slow Cooker Balsamic Glazed Pot Roast w/ carrots & potatoes & green beans	4 Beef Fajitas w/ Easy Mexican Rice	5 One-Pan Cheesy Chicken Broccoli & Rice w/ salad	6 Lightly Smothered Chicken on brown rice w/ Sautéed Kale	7 Tomato Basil Turkey Meatloaf w/ Garlic Mashed Potatoes & green peas	8 Slow Cooker Mexican Chicken on tacos w/ avocado slices	9 Crockpot Tuscan White Bean + Sausage Soup w/ Corn Muffins	
10 Gluten-Free Chicken Pot Pie w/ salad	11 Sausage, Scrambled Eggs, Hash browns, GF Biscuits, & Preserves	12 One-Skillet Mexican Beef & Rice w/ Homemade Guacamole	13 Buttered Cod in Skillet w/ rice, & Roasted Broccoli	14 Slow Cooker Taco Chicken w/ black beans	15 In-and-Out Cheeseburgers w/ Oven-Baked Sweet Potato Fries	16 Creamy Chicken & Mushroom Soup w/ Whole Wheat Rolls	
17 Whole Chicken in a Slow Cooker (add potatoes) w/ green beans	18 Blackened Fish Taco Bowls w/ avocado & black beans	19 One Pot Creamy Chicken & Rice w/ steamed broccoli	20 Grilled Chicken Soft Tacos w/ Avocado Salsa	21 Skillet Pepperoni Pizza w/ 15-Minute Italian Salad	22 Glazed Pork Chops w/ Creamy Mashed Potatoes & green peas	23 Bean & Bacon Soup w/ GF Garlic Cheddar Biscuits	
24 Christmas Eve Traditional Lasagna w/ salad & garlic bread	25 Christmas Easy Shrimp Cocktail, Antipasto Platter, fruit, & Easy Brownies	26 Beef Stew w/ Beer & Paprika w/ Healthy Corn Muffins	27 Paleo Fish Sticks w/ Easy 15-Minute Roasted Sweet Potatoes & Greek Yogurt Coleslaw	28 Sheet Pan Chicken Fajitas w/ Homemade Guacamole	29 Slow Cooker Beef & Broccoli on brown rice w/ Honey-Glazed Carrots	30 Sausage, Potato & Kale Soup w/ GF Biscuits	
31 New Year's Eve Easy Pizza Sliders w/ 7-Layer Dip & Rainbow Fruit Skewers							

