

HEALTHY AND EASY MEALS MENU

November 2017



			1 Wednesday Healthier Sweet and Sour Pork (GF, DF)	2 Thursday Chicken Parmesan Bites	3 Friday Spinach and Mushroom Quesadillas	4 Saturday Italian Pasta Salad with Grilled Pork
5 Sunday Pressure Cooker Pork and Sauerkraut with Sweet Potatoes (GF, DF)	6 Monday Cajun Black Beans and Rice (GF, DF)	7 Tuesday Chicken and Red Pepper Pasta Skillet	8 Wednesday Crockpot Montreal Roast (GF)	9 Thursday Easy Salmon Fresh Salad (GF)	10 Friday Unstuffed Cabbage Turkey Rolls (GF, DF)	11 Saturday Southern Slow Cooker Roast (GF)
12 Sunday Chicken Skillet Fajitas (GF, DF)	13 Monday Slow Cooker Potato and Corn Chowder (GF)	14 Tuesday Philly Cheese Sloppy Joes (GF)	15 Wednesday Slow Cooker Teriyaki Chicken (GF)	16 Thursday Slow Cooker Stuffed Pepper Soup (GF)	17 Friday Instant Pot Chicken Fajitas (GF)	18 Saturday Tangy Turkey Meatballs (GF)
19 Sunday Gluten Free Taco Salad (GF)	20 Monday Sheet Pan Rosemary Chicken (GF)	21 Tuesday Chicken Spaghetti Bake (GF, EF)	22 Wednesday Beef Noodles (GF, EF)	23 Thursday Meatball Casserole (EF)	24 Friday Granny's Fried Chicken	25 Saturday Barbecue Pulled Chicken (DF, EF)
26 Sunday Baked Mac and Cheese Recipe	27 Monday Coffee Rubbed Chicken (GF, DF, EF)	28 Tuesday Sausage Rice Pilaf (GF, DF, EF)	29 Wednesday Cast Iron Skillet Orange Chicken (GF)	30 Thursday Weight Watchers Chicken Verde Soup (GF)		

GF – Gluten-Free | DF – Dairy-Free | EF – Egg-Free

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