

HEALTHY AND EASY MEALS MENU

December 2017



					1 Friday	2 Saturday
					Irish Meatloaf (GF, DF)	Southwestern Turkey Soup with Avocado (GF, DF, EF)
3 Sunday	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday
Stirfry Chicken Recipe (GF, DF, EF)	Roasted Brussels Sprouts and Butternut Squash with Cranberries (GF, DF, EF)	Cranberry Orange Juice Chicken (GF, DF, EF)	Baked Ravioli Casserole	Instant Pot Beef Roast (GF, DF, EF)	Greek Lentil and Rice Salad (GF)	Salmon with Raspberry Balsamic Glaze (GF)
10 Sunday	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
Salmon and Blueberry Salad (GF)	Southwestern Quinoa Salad (GF)	5 Bean Quinoa Soup (GF)	Healthified Sweet and Sour Pork (GF)	Italian Baked Spaghetti Squash (GF)	Hearty Turkey Chili (GF, DF, EF)	Steak Wrapped Asparagus (GF, DF, EF)
17 Sunday	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
Slow Cooker Stuffed Pepper Soup (GF, DF, EF)	Turkey Noodle Casserole (GF, EF)	Cranberry Pecan Salad (GF)	Pork Chops with Apple Onion Sauce	Eggplant Lasagna (GF)	Crockpot Honey Chicken (GF)	Healthy One Dish Chicken Bake (GF, DF)
24 Sunday	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
Unstuffed Turkey Cabbage Rolls (GF)	Slow Cooker Vegetable Soup (GF, DF)	Avocado Chicken Salad (GF)	Scallops with Bacon and Spinach (GF, DF)	Paleo Bison Burger (GF, DF)	One Pot Chicken (GF, DF, EF)	Cowboy Casserole
31 Sunday	<p>GF – Gluten-Free DF – Dairy-Free EF – Egg-Free</p> <p>https://www.facebook.com/groups/easyhealthyquickmeals/</p>					
Classic Hoppin John (GF, DF, EF)						