

# HEALTHY AND EASY MEALS MENU

## January 2018



	<b>1 Monday</b>	<b>2 Tuesday</b>	<b>3 Wednesday</b>	<b>4 Thursday</b>	<b>5 Friday</b>	<b>6 Saturday</b>
	<a href="#">Crockpot Balsamic Pot Roast</a> (DF, EF)	<a href="#">Baked Salsa Chicken</a> (GF)	<a href="#">Pressure Cooker Chicken Tacos</a> (GF,EF)	<a href="#">Crockpot Veggie Soup</a> (GF, DF, EF)	<a href="#">Crockpot Stuffed Peppers Soup</a> (DF, EF)	<a href="#">Honey Glazed Salmon</a> (GF)
<b>7 Sunday</b>	<b>8 Monday</b>	<b>9 Tuesday</b>	<b>10 Wednesday</b>	<b>11 Thursday</b>	<b>12 Friday</b>	<b>13 Saturday</b>
<a href="#">Baked Tilapia</a> (GF, DF, EF)	<a href="#">Baked Asian Meatballs</a> (GF)	<a href="#">Baked Chicken Fingers</a>	<a href="#">Slow Cooker Lasagna</a>	<a href="#">Meatball Casserole</a>	<a href="#">Slow Cooker Chicken Cacciatore</a> (GF)	<a href="#">Mini Meatloaf</a>
<b>14 Sunday</b>	<b>15 Monday</b>	<b>16 Tuesday</b>	<b>17 Wednesday</b>	<b>18 Thursday</b>	<b>19 Friday</b>	<b>20 Saturday</b>
<a href="#">Fried Chicken</a>	<a href="#">Slow Cooker Maple Chicken</a> (GF)	<a href="#">Slow Cooker Turkey Meatballs</a> (GF)	<a href="#">Kale Egg Salad Sandwiches</a> (GF)	<a href="#">Instant Pot Teriyaki Drumsticks</a> (GF)	<a href="#">Slow Cooker Chili Beef Stew</a> (GF)	<a href="#">Maple Glazed Grilled Salmon</a> (GF)
<b>21 Sunday</b>	<b>22 Monday</b>	<b>23 Tuesday</b>	<b>24 Wednesday</b>	<b>25 Thursday</b>	<b>26 Friday</b>	<b>27 Saturday</b>
<a href="#">Balsamic Grilled Steaks</a> (GF)	<a href="#">Hoppin' John</a> (GF, DF)	<a href="#">Crock Pot Split Pea Soup</a> (GF, DF)	<a href="#">Bacon Ranch Chopped Salad</a>	<a href="#">Southwest Frittata with Chicken</a> (GF)	<a href="#">Baked Chicken Parmesan</a> (GF)	<a href="#">Beef Stew with Cabbage</a> (GF, DF)
<b>28 Sunday</b>	<b>29 Monday</b>	<b>30 Tuesday</b>	<b>31 Wednesday</b>	GF – Gluten-Free   DF – Dairy-Free   EF – Egg-Free <a href="https://www.facebook.com/groups/easyhealthyquickmeals/">https://www.facebook.com/groups/easyhealthyquickmeals/</a>		
<a href="#">Slow Cooker White Chili</a>	<a href="#">Cauliflower Ham and Cheese Quiche</a> (GF)	<a href="#">Chicken Pot Pie</a>	<a href="#">Chicken Chili</a> (GF, EF)			