

# MEAL PLAN

january

| SUNDAY                                                               | MONDAY                                                | TUESDAY                                     | WEDNESDAY                                     | THURSDAY                                        | FRIDAY                                | SATURDAY                                             |
|----------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------|-----------------------------------------------|-------------------------------------------------|---------------------------------------|------------------------------------------------------|
|                                                                      |                                                       |                                             |                                               |                                                 | 1<br><u>Crockpot Tortellini</u>       | 2<br><u>Air Fryer Chicken Drumsticks</u>             |
| 3<br><u>Pumpkin Carrot Soup</u>                                      | 4<br><u>Glass Noodles Chicken Stir Fry</u>            | 5<br><u>Spicy Air Fryer Chicken Nuggets</u> | 6<br><u>Slow Cooker Mississippi Pot Roast</u> | 7<br><u>High Protein Chicken Corn Salad</u>     | 8<br><u>Creole Stew</u>               | 9<br><u>Hot Honey Halloumi Salad w/ Pomegranate</u>  |
| 10<br><u>Sweet Potato Skillet</u>                                    | 11<br><u>Oven Roasted Chicken and Potatoes</u>        | 12<br><u>Shredded Beef Sliders</u>          | 13<br><u>Creamy Vegan Tortilla Soup</u>       | 14<br><u>Chicken Drumsticks in Air Fryer</u>    | 15<br><u>Seared Ahi Tuna</u>          | 16<br><u>Vegan Stuffed Acorn Squash w/ Mushrooms</u> |
| 17<br><u>Spinach Bacon Quiche</u>                                    | 18<br><u>Homemade Tomato Sauce</u>                    | 19<br><u>Sweet and Sour Chicken</u>         | 20<br><u>High Protein Mac and Cheese</u>      | 21<br><u>Gochujang Chicken Meatballs</u>        | 22<br><u>Chicken Shawarma Bowl</u>    | 23<br><u>Slow Cooker Beef Stew</u>                   |
| 24<br><u>Eggplant Casserole</u><br>31<br><u>One Pan Lazy Lasagna</u> | 25<br><u>Vegan Stuffed Mushrooms w/ Black Lentils</u> | 26<br><u>Baked Chicken Orzo</u>             | 27<br><u>Air Fryer Crispy Chicken Fillets</u> | 28<br><u>Italian Sausage and Broccoli Pasta</u> | 29<br><u>Kale and White Bean Soup</u> | 30<br><u>Beef and Broccoli Stir Fry</u>              |

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