

January Meal Planner

Sunday Large Batch	Monday Leftovers	Tuesday Mexican	Wednesday Veggies Most	Thursday Frugal Thursday	Friday Fish Friday	Saturday Anything Goes
			1 Black beans with onion and garlic, rice, roasted broccoli	2 Spaghetti and salad	3 Baked salmon, roasted potatoes, carrots, green beans	4 Vegetarian tortilla Soup (A Couple Cooks)
5 Creamy tuscan paleo chicken with cauliflower rice (Paleo Running Momma)	6 Leftover Chicken and cauliflower rice	7 Quinoa tacos (Minimalist Baker)	8 Vegetable Stir Fry (Emily Rix)	9 Black beans, spanish rice, avocado bowl (Healthy Gluten Free Family)	10 Sheet pan: salmon, sweet potato fries, broccoli	11 OUT TO EAT
12 Instant Pot 3 Bean Vegan Chili (Emily Rix)	13 Leftover Chili	14 Vegetable burrito bowl (beans/rice, roasted sweet potatoes, guacamole)	15 Butternut squash soup (Cookie and Kate)	16 Mushroom pasta	17 Salmon, sweet potato rounds, green beans	18 Scrap night/ Leftovers
19 Sheet pan vegetables with organic, grass fed sausage	20 Leftover sheet pan meal	21 Lentil and black bean tacos (The Garden Grazer)	22 Leftover tacos	23 Spaghetti and salad	24 Salmon, homemade fries, asparagus	25 Instant pot creamy mushroom chicken (the Natural Nurturer) asparagus, roasted potatoes
26 Vegetable Soup with Quinoa (recipe coming soon)	27 Leftover soup	28 Vegan taco stuffed sweet potatoes	29 Black beans with onion and garlic, cauliflower rice, sauteed kale	30 Breakfast for dinner	31 Salmon, rice, roasted mixed vegetables	