


December 2019 Meal Plan

Week 1


Monday

Tuesday


Wednesday

Leftover Turkey Noodle Casserole  8


Thursday

Sheet Pan Garlic Butter Steak and Potatoes  4


Friday

Instant Pot Chicken Thighs in Sun-Dried Tomato Sauce  4

Breakfast Idea


Cinnamon Apple Baked Oatmeal  6

Treat Idea


The Perfect Soft Gingerbread Cookies  50

Week 2


Monday

Crock Pot Beef Stew  6


Tuesday

Easy Tomato Soup  4


Wednesday

Crockpot Whole Chicken  6


Thursday

Instant Pot Sloppy Joes  8


Friday

Garlic Butter Lemon Baked Cod  4

Breakfast Idea

Hashbrown Breakfast Casserole  10

Treat Idea


Peppermint Brownie Cookies  30

Week 3


Monday

Southwestern Crockpot Chicken Tacos  12

Tuesday

Hearty Pasta Fagioli Soup  6


Wednesday

Easy Beef Stroganoff  6


Thursday

Loaded Instant Pot Potato Soup  6

Friday

Instant Pot Lemon Chicken  4

Breakfast Idea


Cranberry Orange Bread  10

Treat Idea


Easy Peppermint Bark Recipe  15

Week 4


Monday


Cranberry BBQ Crockpot Meatballs  8


Tuesday


Baked Lemon Garlic Butter Salmon  4


Wednesday

Crockpot Brown Sugar Pineapple Ham  10


Instant Pot Mashed Potatoes  6

Easy Sautéed Green Beans  4


Honey Butter Thyme Crockpot Glazed Carrots  6

Slow Cooker Cranberry Walnut Bread Pudding with Caramel Sauce Recipe  6


Thursday

Instant Pot Turkey and Rice Soup  6


Friday

Homemade Shepherd's Pie  6

Breakfast Idea

The Best Homemade Cinnamon Rolls  12

Treat Idea

Chewy Chocolate Crinkle Cookies  32