


January 2020 Meal Plan


Week 1

Monday


Tuesday


Wednesday

Pork Chops with Apples and Onions  4


Instant Pot Mashed Potatoes  6


Thursday

Creamy Chicken Noodle Soup  8


The Only No Knead Bread Recipe You'll Ever Need  10

Friday


Southwestern Crockpot Chicken Tacos  12

Easy Homemade Guacamole  8

Breakfast Idea

Healthy Oatmeal Breakfast Cookies  25

Treat Idea

Whole Wheat Cinnamon Crunch Banana Bread  12

Week 2

Monday

Instant Pot Bacon Ranch Chicken and Potatoes  4

Tuesday

One Pot Chicken Burrito Bowls  4

Wednesday

Hearty Pasta Fagioli Soup  6

Thursday

Garlic Butter Lemon Baked Cod  4

Crispy Roasted Fingerling Potatoes  6

Friday

Healthy Slow Cooker Chili Recipe  6

Honey Butter Cornbread  9

Breakfast Idea


Basic Overnight Oats  4

Treat Idea


Easy Apple Crisp  6

Week 3


Monday

Instant Pot Beef Stew  6


Tuesday

One Pot Garlic Butter Parmesan Mushroom Pasta  6


Wednesday

Lazy Mom's Chicken Florentine Pasta Casserole  6


Thursday

Loaded Instant Pot Potato Soup  6


Friday

Slow Cooker Asian Pork Noodles  6

Breakfast Idea


Banana Chocolate Chip Walnut Baked Oatmeal Cups  12

Treat Idea


Lemon Pound Cake  10

Week 4


Monday


Instant Pot Chicken Tortilla Soup  6

Tuesday


One Pot Creamy Tomato, Chicken and Spinach Pasta Recipe  4


Wednesday

Bolognese Gnocchi Bake  6


Balsamic Vinaigrette Dressing  16

Thursday


Baked Lemon Garlic Butter Salmon  4

Creamy Cucumber Salad  4


Friday

Slow Cooker Tuscan White Bean Soup with Sausage  6

Breakfast Idea

Cheddar Bacon Baked Egg Cups  12

Treat Idea

Berry Cheesecake Fruit Salad  6