

EASY, HEALTHY, QUICK MEALS

APRIL 2017



						1 Saturday
						Instant Pot Maple Chicken & Sweet Potatoes (GF-DF-EF)
2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
Eggplant Lasagna (GF)	Spaghetti Squash Taco Skillet (GF)	Lemon Garlic Salmon (GF-DF-EF)	Steak Wrapped Asparagus (GF-DF-EF)	Quinoa Stuffed Peppers (GF)	Chicken Parmesan with Spaghetti Squash (GF)	Philly Cheesesteak Stuffed Green Peppers (GF-EF)
9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
Parmesan Garlic Shrimp (GF-EF)	Low Calorie Salmon Cakes (GF)	Slow Cooker Mongolian Beef (GF-DF)	Maple Balsamic Baked Pork Chops Recipe (GF-DF-EF)	Sweet Tea Chicken (GF)	Balsamic Eggplant with Lentils (GF-DF)	Roasted Potato and Ham Casserole (GF-DF-EF)
16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
Southwest Quinoa Salad (GF-DF)	Pizza Frittata (GF)	Buffalo Ranch Chicken Casserole (GF-EF)	Cabbage Roll Soup with Turkey (GF-DF-EF)	Pesto Spaghetti Squash (GF-DF-EF)	Southwest Shrimp Salad (GF-DF-EF)	Slow Cooker Honey Pork and Apples (GF-DF-EF)
23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
Healthy One Dish Chicken Bake (GF-DF-EF)	Crockpot Black Bean Fajitas (GF-DF-EF)	Salmon with Mango Salsa (GF-DF-EF)	Crockpot Chicken and Sweet Potatoes (GF-DF-EF)	Paleo Easy Chuck Roast (GF-DF-EF)	Slow Cooker Lemon Garlic Chicken (GF-DF-EF)	Orange Roasted Chicken (GF-DF)
30 Sunday	GF – Gluten-Free DF – Dairy-Free EF – Egg-Free					
Baked Quinoa Patties (GF-DF)						
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