

# HEALTHY AND EASY MEALS MENU

## November 2017



			<b>1 Wednesday</b> <a href="#">Healthier Sweet and Sour Pork</a> (GF, DF)	<b>2 Thursday</b> <a href="#">Chicken Parmesan Bites</a>	<b>3 Friday</b> <a href="#">Spinach and Mushroom Quesadillas</a>	<b>4 Saturday</b> <a href="#">Italian Pasta Salad with Grilled Pork</a>
<b>5 Sunday</b> <a href="#">Pressure Cooker Pork and Sauerkraut with Sweet Potatoes</a> (GF, DF)	<b>6 Monday</b> <a href="#">Cajun Black Beans and Rice</a> (GF, DF)	<b>7 Tuesday</b> <a href="#">Chicken and Red Pepper Pasta Skillet</a>	<b>8 Wednesday</b> <a href="#">Crockpot Montreal Roast</a> (GF)	<b>9 Thursday</b> <a href="#">Easy Salmon Fresh Salad</a> (GF)	<b>10 Friday</b> <a href="#">Unstuffed Cabbage Turkey Rolls</a> (GF, DF)	<b>11 Saturday</b> <a href="#">Southern Slow Cooker Roast</a> (GF)
<b>12 Sunday</b> <a href="#">Chicken Skillet Fajitas</a> (GF, DF)	<b>13 Monday</b> <a href="#">Slow Cooker Potato and Corn Chowder</a> (GF)	<b>14 Tuesday</b> <a href="#">Philly Cheese Sloppy Joes</a> (GF)	<b>15 Wednesday</b> <a href="#">Slow Cooker Teriyaki Chicken</a> (GF)	<b>16 Thursday</b> <a href="#">Slow Cooker Stuffed Pepper Soup</a> (GF)	<b>17 Friday</b> <a href="#">Instant Pot Chicken Fajitas</a> (GF)	<b>18 Saturday</b> <a href="#">Tangy Turkey Meatballs</a> (GF)
<b>19 Sunday</b> <a href="#">Gluten Free Taco Salad</a> (GF)	<b>20 Monday</b> <a href="#">Sheet Pan Rosemary Chicken</a> (GF)	<b>21 Tuesday</b> <a href="#">Chicken Spaghetti Bake</a> (GF, EF)	<b>22 Wednesday</b> <a href="#">Beef Noodles</a> (GF, EF)	<b>23 Thursday</b> <a href="#">Meatball Casserole</a> (EF)	<b>24 Friday</b> <a href="#">Granny's Fried Chicken</a>	<b>25 Saturday</b> <a href="#">Barbecue Pulled Chicken</a> (DF, EF)
<b>26 Sunday</b> <a href="#">Baked Mac and Cheese Recipe</a>	<b>27 Monday</b> <a href="#">Coffee Rubbed Chicken</a> (GF, DF, EF)	<b>28 Tuesday</b> <a href="#">Sausage Rice Pilaf</a> (GF, DF, EF)	<b>29 Wednesday</b> <a href="#">Cast Iron Skillet Orange Chicken</a> (GF)	<b>30 Thursday</b> <a href="#">Weight Watchers Chicken Verde Soup</a> (GF)		

GF – Gluten-Free | DF – Dairy-Free | EF – Egg-Free

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