HEALTHY AND EASY MEALS MENU

2018February



				1 Thursday	2 Friday	3 Saturday
				Asian Chicken	Cabbage Roll Soup	Salmon with
				Salad	with Ground	Balsamic Glaze
				(DF, EF)	Turkey	(GF, DF, EF)
					(GF, DF, EF)	
4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 Saturday
Orange-Spiced	Instant Pot Split	Southwest Steak	Pecan Crusted	Tangy Turkey	Baked Apple	Taco Salad
Glazed Ham	Pea Soup	Salad	Ruffy	Meatballs	Chicken	(GF)
(GF, DF, EF)	(GF, DF, EF)	(GF, DF, EF)	(GF, DF, EF)	(GF)	(GF, DF, EF)	, ,
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
Instant Pot Pesto	Hearty Turkey	Slow Cooker	Zucchini Pizza Bites	Gluten Free	Slow Cooker	Instant Pot Pork
Chicken	<u>Chili</u>	Sweet and Sour	(GF)	Lasagna Soup -	Whole Chicken	Tenderloin
(GF)	(GF, DF, EF)	<u>Chicken</u>		Pressure Cooker	(GF)	(GF)
		(GF)		Recipe		
				(GF)		
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
Blackened Tilapia	Chicken Vegetable	Instant Pot Ham &	Skillet Pork Chops	Amish Ham Loaf	Slow Cooker Beef	Tomato Soup
(GF, DF, EF)	Soup	Bean Soup	(DF, EF)	(DF)	<u>Noodles</u>	(EF)
	(GF, DF, EF)				(GF, DF, EF)	
25 Sunday	26 Monday	27 Tuesday	28 Wednesday			
Chicken and	French Onion Soup	Chicken Pot Pie	Italian Sausage			
Vegetables			Soup			
(GF, DF, EF)			(EF)			

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

https://www.facebook.com/groups/easyhealthyquickmeals/