

HEALTHY AND EASY MEALS MENU

2018 February



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

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

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