## O1 JANUARY

| SUN                                | MON  | TUE   | WED                                    | THU                            | FRI                                    | SAT                         |
|------------------------------------|--|---|--|--------------------------------|--|-----------------------------|
|                                    |  | 1   | 2<br>Mexican Stuffed<br>Sweet Potatoes | <b>3</b> Zuppa Toscana         | Skillet Beef<br>Short Rib<br>Pot Roast | <b>5</b> Chili              |
| 6<br>Lemon Basil<br>Chicken        | <b>7</b> Loaded Baked Potato w/ Leftover Chili | Slow Cooker<br>Gumbo  | chili lime<br>fish taco<br>bowls       | Asian<br>Garlic<br>Noodles     | Loaded Sweet Potato Fries              | Broccoli<br>Beef            |
| Steak,<br>Potatos,<br>Asparagus    | Creamy<br>Taco Soup                            | 15 Chicken,<br>Apple,<br>Sweet Potato,<br>and Brussel Sprouts | Loaded<br>Sweet<br>Potato              | Coconut<br>Curry<br>Shrimp     | Lemon<br>Rosemary<br>Chicken           | Asian Chicken Chopped Salad |
| Stuffed Peppers                    | 21<br>Butternut Squash<br>Soup                 | Chicken Tortilla - less Soup                                  | Salad<br>w/ compliant<br>dressing      | 24<br>Sheet Pan<br>Fajitas     | Meatless Power Bowl                    | <b>26</b> Carnitas Bowls    |
| <b>27</b> Meatloaf Roasted Carrots | Z8<br>Taco<br>Salad                            | 29<br>Shrimp<br>and Sausage<br>Skillet                        | Pineapple Firecracker Chicken          | 31<br>Steak<br>with side salad |  |                             |

