

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec. (E) (30) Italian White Bean & Spinach Soup	(31) Dinner @ a friend's house	(E) (1) Easy Mixed Rice & Beans pg. 121 Convenient Food	(S) (2) Crockpot Buffalo Chicken pg. 92 THT	(S) (3) Creamy Taco Soup	(FP) (4) Black Pepper Chicken pg. 68 THT	(S) (5) Easy Pizza Casserole pg. 126 THT
(S) (6) Creamy Verde Chicken Chili pg. 78 THT	(S) (7) Skillet Yumzetti pg. 117 Convenient Food	(E) (8) Sweet & Spicy Stir-fry	(S) (9) Trim Zuppa Toscana pg. 86 THM cookbook	(S) (10) Spaghetti w/ Meat Sauce over zoodles	(S) (11) Taco Salad	(S) (12) Easy Pizza Casserole pg. 126 THT
(E) (13) Hearty 2 Bean & Lentil Chili	(E) (14) Lovin' TexMex Skillet	(S) (15) World's Laziest Lasagna Skillet pg. 69 THT	(FP) (16) Black Pepper Chicken pg. 68 THT	(S) (17) Creamy Taco Soup	(S) (18) Easy Cheesy Bacon Chicken w/ broccoli	(S) (19) Easy Pizza Casserole pg. 126 THT
(S) (20) Creamy Broccoli Bacon Chowder pg. 138 Convenient Food	(S) (21) Creamy Jalapeño Chicken Thighs	(E) (22) Sweet & Spicy Stir-fry	(S) (23) Trim Zuppa Toscana pg. 86 THM cookbook	(S) (24) Spaghetti w/ Meat Sauce over zoodles	(S) (25) Taco Salad	(S) (26) Easy Pizza Casserole pg. 126 THT
(E) (27) Zesty Salsa Chicken & Black Bean Casserole	(S) (28) Easy Cheesy Bacon Chicken w/ broccoli	(E) (29) Lovin' TexMex Skillet	(S) (30) Teriyaki Beef & Broccoli w/ Cauli Rice pg. 82 THT	(E) (31) Italian White Bean & Spinach Soup	Feb. (S) (1) Low Carb Beef & Cheese Enchiladas	(S) (2) Easy Pizza Casserole pg. 126 THT