

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Creamy Bacon Pasta	Easiest Whole Chicken	Beef Stew	Vietnamese Pork Tenderloin	Creamy Wild Rice Soup	Mongolian Beef	Ground Turkey Tacos
Week 2	Tuscan Chicken Pasta	African Pepper Soup	Asian Peanut Noodles	Quinoa Chicken Biryani	Italian Beef	Sweet & Sour Shrimp	Homemade Dublin Coddle
Week 3	Corned Beef and Cabbage	Instant Pot Chili	Chicken Tortilla Soup	West African Style Ribs	Honey Soy Chicken Thighs	Caldo de Res	Vegetable Chow Mein
Week 4	Lamb Shoulder	Lentil Soup with Mexican Flavour	Coconut Pork with Turmeric Ginger Rice	Easy Chicken and Sweet Potato Dinner	Creamy Spaghetti and Meatballs	Chicken Mole Tacos	Hamburger Helper
Extra	SIDES		DESSERTS			BREAKFASTS	
	Brussels Sprouts	Scalloped Potatoes	Rainbow Bundt Cake	Best Ever Key Lime Pie	Chocolate Oatmeal	French Toast Bites	
	Collard Greens with Smoked Ham Hock	Roasted Potatoes	Oreo Cheesecake	Turtle Lava Cake	Breakfast Casserole	Steel Cut Oats	