

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	African Peanut Butter Chicken	Garlic Butter Spaghetti	Couscous with Ground Beef	North Carolina Pulled Pork	Lentil Tacos	Spring Leek and Asparagus Soup	Loaded Cauliflower Mash
Week 2	Chicken Thighs	Stuffed Peppers	15 Bean & Sausage Soup	Enchilada Rice Bowl	Thai Pork Lettuce Wraps	Korean Inspired Ragu	Chinese Chicken
Week 3	Chicken Noodle Soup	Sloppy Joes	Ribs with Bourbon Barbecue Sauce	Unstuffed Dolmas Casserole	Low Carb Crack Chicken	All-In-One Steak Fajitas	Lasagna with Zucchini & Eggplant
Week 4	Stuffed Squash	Cauliflower Soup	Spicy Pork Noodles	Chicken with Walnut Sauce - Satsivi	Wild Mushroom Risotto	Healthy Turkey Chili	Paleo Beef and Broccoli
Extra	SIDES Instant Pot Quinoa Potato Salad Instant Pot Mashed Potatoes Low Carb Garlic Creamed Spinach		DESSERTS Instant Pot Baked Apples Mason Jar Cake Instant Pot Creme Brulee Oreo Cheesecake		BREAKFASTS Steel Cut Oats Banana Bread Brown Sugar Breakfast Grits Breakfast Polenta Porridge		