Prep • Freeze • Cook
Family Meals Made Easy

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JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **New Year's Day CLOSED**	2 **Pumpkin Pie French Toast** Sour Cream n Chives Mashed Potatoes	3 **Three Cheese Lasagna** Honey Glazed Carrots	4 **Bacon Caesar Chicken Casserole ***	5
6	7 **Cheesy Chicken n Potato Casserole** Apple Crisp	8 **Beer Brat Mac n Cheese**	9 **Biscuit & Gravy Casserole** Italian Roasted Potatoes	10 **Traditional Lasagna** Cheesy Parmesan Potatoes	11 **Chicken Cordon Bleu Casserole ***	12
13	14 **Italian Chicken n Veggies** No Bake Cheesecake	15 **Buffalo Chicken Mac n Cheese**	16 **Meat Lovers Breakfast Casserole** Sweet Corn Casserole	17 **Chicken Alfredo Lasagna** Garlic Roasted Broccoli n Cauliflower	18 **Chicken, Spinach & Artichoke Alfredo Casserole ***	19
20	21 **Cheesy Goulash** Peach Crisp	22 **Cheeseburger Mac n Cheese**	23 **Breakfast Enchiladas** Cheesy Broccoli n Cauliflower	24 **BBQ Pulled Pork Lasagna** Roasted Veggie Medley	25 **Creamy Chicken Fajita Casserole ***	26
27	28 **Smothered Ranch Chicken** S'mores Dip	29 **Creamy Tuscan Mac n Cheese**	30 **Chorizo Casserole** Balsamic Glazed Carrots	31 **Three Cheese** Ranch Roasted Potatoes		

* Keto Meal

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FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 **Italian Ricotta Bake ***	2
3	4 **Cheesy Chicken Spaghetti** Lemon Blueberry Crisp	5 **Italian Sausage & Queso Mac n Cheese**	6 **Cinnamon Vanilla French Toast** Onion Roasted Potatoes	7 **Traditional Lasagna** Italian Roasted Potatoes	8 **Stuffed Pepper Casserole ***	9
10	11 **Shepard's Pie** Peanut Butter Bars	12 **Pirate Chicken Mac n Cheese**	13 **Sausage Gravy & Hash Brown Casserole** Crack Green Beans	14 **Chicken Alfredo Lasagna** Sweet Corn Casserole	15 **Bacon Cheddar Meatloaf ***	16
17	18 **Chicken Taco Casserole** Apple Crisp	19 **Three Cheese Mac n Cheese**	20 **Biscuit & Gravy Casserole** Ranch Roasted Broccoli n Cauliflower	21 **BBQ Pulled Pork Lasagna** Cheesy Broccoli n Cauliflower	22 **Cheesy Ranch Chicken Broccoli ***	23
24	25 **Philly Cheesesteak Casserole** No Bake Cheesecake	26 **Pizza Mac n Cheese**	27 **Meat Lovers Breakfast Casserole** Honey Glazed Carrots	28 **Three Cheese Lasagna** Balsamic Glazed Carrots		
					* Keto Meal	

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