

January

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			✕ Happy New Year ✕	1 Shrimp Boil	2 Big Mac Lettuce Wraps	3 Chicken Wrap with Bacon and Avacado
4 Spinach Lasagna	5 Sheet Pan Sausage & Veggies	6 Marry Me Chicken	7 Leftover Night	8 Teriyaki Meatballs	9 Chicken Alfredo with Broccoli	10 Zucchini Crust Pizza
11 Lemon Chicken	12 Balsamic Steak and Gorgonzola Salad	13 Mediterranean Grilled Chicken Thighs	14 Leftover Night	15 Cheesy Ground Beef Cauliflower Casserole	16 Cashew Chicken Lettuce Wraps	17 Garlic Butter Steak with Brussels Sprouts and Butternut Squash
18 Grill Chicken Cobb Ceasar Salad	19 Slow Cooker Italian Beef	20 Mexican Cheesy Chicken Skillet	21 Leftover Night	22 Italian Chicken with Veggies	23 Parmesan Dijon Pork Chops	24 Bruchetta Chicken Casserole
25 Shrimp & Steak Kabobs	26 Loaded Burger Bowls	27 Fiesta Lime Chicken	28 Leftover Night	29 Eggroll In A Bowl & Egg Drop Soup	30 Chicken Burrito Bowls	31 Beef & Broccoli With Cauliflower Rice

SHOPPING LIST:

FAVORITE MEALS: