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| <b>January Meal Plan 2019</b> |
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Prepared by [Intelligentdomestications.com](http://Intelligentdomestications.com)

Soups, Casseroles and Crockpot Recipes links included.

***Week 1 Sunday Dec. 29-Jan 5***

**Sunday: Dinner out after Church.** Heat a frozen pizza for supper. We need a day of no cooking!

**Monday: [Grilled Peanut Butter & Jelly Sandwiches](#) with chips.**

**Tuesday (New Year's Eve) Breakfast for supper. [Grits](#), Eggs, Bacon and Sausage.**

**Wednesday (New Year's Day) Smoked Turkey Breast, Baked Potatoes and Green Beans.**

**Thursday: [Homemade Vegetable Soup](#) and [Cornbread](#)**

**Friday: Leftover Vegetable Soup and Cornbread**

**Saturday: Salad with [Cornbread Croutons](#)**

**NOTES/SHOPPING LIST**

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## *Week 2 Sunday Jan. 6-12*

### **Sunday:**

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- [Not Quite Mississippi Crockpot Roast](#)
- [Homemade Mashed Potatoes](#) and
- **Green Beans**

### **Monday:**

- **Make Sandwiches with leftover Roast Beef**
- **Chips**
- [Pear Salad](#)

### **Tuesday:**

- [Crockpot Taco Soup](#)
- We serve our Taco soup with Tortilla Chips

### **Wednesday:**

- [Jazzed Up Meat & Potato Casserole](#)

### **Thursday:**

- **Leftover Casserole**
- [Cherry Sweet Rolls Not Quite From Scratch](#)

### **Friday:**

- [Crockpot Zesty Italian Leg Quarters](#)
- **Green Beans**
- [Simple Roasted Butternut Squash](#)

### **Saturday:**

- Pizza delivered!
- [Boiled Peanuts](#)

### **NOTES**

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***Week 3. Sunday Jan. 13-19***

**Sunday:**

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- [Crockpot Cube Steak with Mushroom Gravy](#)
- [Rice](#)

**Monday:**

- [Cabbage Soup](#)
- [Cornbread](#)

**Tuesday:**

- [Shrimp Tacos](#)
- [Guacamole](#)

**Wednesday:**

- [Easy Chicken Parmigiana](#)

**Thursday:**

- [Easy Swedish Meatballs](#)

**Friday:**

- [Meatball Hoagie Sandwiches](#)

**Saturday:**

- [Leftovers](#)
- [Pineapple Angel Food Cake](#)

**NOTES**

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***Week 4. Sunday Jan. 20-26***

**Sunday:**

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- [Crockpot Roasted Chicken and Vegetables](#)

**Monday:**

- [Homemade Chicken Pot Pie](#)

**Tuesday:**

- [Cajun Shrimp Burritos with Avocado Lime Sauce](#)

**Wednesday:**

- [Crockpot Broccoli & Sausage Macaroni Casserole](#)

**Thursday:**

- **Leftovers**
- [Soft & Chewy Strawberry Cake Mix Cookies](#)

**Friday:**

- [Crockpot Ranch Chicken Sliders](#)
- [Oven Baked Homestyle Fries](#)

**Saturday:**

- [Easy Classic Lasagna](#)
- **Deli Italian Bread**
- [Italian Butter](#)

**NOTES**

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***Week 5 Sunday Jan. 27-Feb. 2***

**Sunday:**

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- **Leftover Lasagna**

**Monday:**

- **Hot Dogs**
- **Baked Beans**
- **Homemade Creamy Cole Slaw**

**Tuesday: Boxed Tacos!**

**Wednesday:**

- **Oven Baked Smothered Cube Steak**
- **Rice**

**Thursday:**

- **Homemade Chicken & Dumplings almost from scratch**

**Friday:**

- **Leftovers**
- **Bacon Pecan Chocolate Chip Cookies**

**Saturday:**

- **Crockpot Black Bean Chili**

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