| Sun | mon | tue | wed | thu | fri | sat | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 01 | |
|  |  |  |  |  |  | | [Smoked Salmon Frittata](https://downshiftology.com/recipes/smoked-salmon-frittata/) |
| 02 | 03 | 04 | 05 | 06 | 07 | | 08 |
|  | [Spilt Pea Soup- Instant Pot (**VEGAN)**](http://saltsugarspice.com/2019/09/05/instant-pot-split-pea-soup-with-farro-grains/) | [Sticky Sweet 5 Spice Pork Ribs](https://www.bonappetit.com/recipe/five-spice-pork-ribs) | [Pineapple Pork Lettuce Wraps](https://www.halfbakedharvest.com/korean-pineapple-pork-lettuce-wraps/) | [Spaghetti Pie with Broccoli Rabe and Pecorino](https://smittenkitchen.com/2016/01/spaghetti-pie-with-pecorino-and-black-pepper/) | [Spicy Shrimp Skewers](https://food52.com/recipes/246-spicy-shrimp) with [Crispy Kale Ceasar](http://saltsugarspice.com/2019/05/20/crispy-kale-caesar-salad/) | [Caramel Apple Breakfast Cobbler](https://www.bonappetit.com/recipe/caramel-apple-breakfast-cobbler) | |
| 09 | 10 | 11 | 12 | 13 | 14 | 15 | |
|  | [Instant Pot Cheesy Garlic Chicken and Rice](http://saltsugarspice.com/2020/01/19/instant-pot-cheesy-garlic-chicken-and-rice-video/) | [Tangy Tomato Glaze Mini Meatloaf](http://saltsugarspice.com/2020/01/24/tangy-tomato-glazed-mini-meatloaf/)  +[Irish Butter Mashed Potatoes](http://saltsugarspice.com/2020/01/24/irish-butter-greek-yogurt-mashed-potatoes/) | [Italian Chopped Salad](https://www.bonappetit.com/recipe/italian-chopped-salad)  & [Sundried Tomato Tortellini Soup](https://www.delish.com/cooking/recipe-ideas/recipes/a49564/sun-dried-tomato-tortellini-soup-recipe/) | [Black Bean Enchilada Stuffed Sweet Potatoes](http://saltsugarspice.com/2020/01/16/black-bean-enchilada-stuffed-sweet-potatoes/) (VEGAN) | [Artichoke Heart Stuffed Shells](https://www.bonappetit.com/recipes/article/a-pasta-for-lovers) | [Double Dark Chocolate Chip Cookies](https://www.bonappetit.com/recipe/double-dark-chocolate-cookies) | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
|  | [One Pot- Carribbean Jerk Chicken and Rice](https://www.africanbites.com/one-pot-caribbean-jerk-chicken-rice/) | [Chicken Mole Tacos](https://www.goodhousekeeping.com/food-recipes/a30391643/chicken-mole-tacos-recipe/) | [Salmon with Lentil and Quinoa](http://saltsugarspice.com/2020/01/10/baked-mustard-lemon-glazed-salmon-over-lentils-quinoa/) | [Turkey](https://www.inspiredtaste.net/21535/unbelievably-moist-turkey-meatloaf-recipe/) [Meatloaf](https://www.inspiredtaste.net/21535/unbelievably-moist-turkey-meatloaf-recipe/)  & [Cauliflower Mashed Potatoes](http://saltsugarspice.com/2019/08/15/skinny-cauliflower-mashed-potatoes/) | Pasta with [Slow Simmer Bolognese Sauce](http://saltsugarspice.com/2020/01/07/slow-simmer-authentic-bolognese-sauce/) | [Salted PBJ Blondies](https://www.bonappetit.com/recipe/salted-peanut-butter-and-jelly-blondies) | |
| 23 | 24  [Air Fryer Beef Empanadas](https://www.skinnytaste.com/air-fryer-beef-empanadas/) | 25  [Grapefruit + Beet Salad](http://saltsugarspice.com/2020/01/13/red-grapefruit-golden-beet-and-avocado-salad/)  [With Lemony Lentils and Rice (Mujadara)](https://www.bonappetit.com/recipe/mujadara) | 26  [Bacon Wrapped Spinach- Stuffed Artichoke Chicken](http://saltsugarspice.com/2020/01/24/bacon-wrapped-spinach-artichoke-stuffed-chicken-video/) | 27  [Mussels Marinara with Angel Hair](https://food52.com/recipes/9080-mussels-marinara-with-angel-hair-pasta) | 28  [Flank Steak, Bok Choy & Broccoli with Rice Noodle](http://saltsugarspice.com/2019/06/18/flank-steak-and-vegetable-stir-fry-with-rice-noodles/) | 29  [Healthy Breakfast Casserole with Turkey and Spinach](https://downshiftology.com/recipes/healthy-breakfast-casserole/) | |

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