

# EASY, HEALTHY, QUICK MEALS

## APRIL 2017



						1 Saturday
						<a href="#">Instant Pot Maple Chicken &amp; Sweet Potatoes</a> (GF-DF-EF)
2 Sunday	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
<a href="#">Eggplant Lasagna</a> (GF)	<a href="#">Spaghetti Squash Taco Skillet</a> (GF)	<a href="#">Lemon Garlic Salmon</a> (GF-DF-EF)	<a href="#">Steak Wrapped Asparagus</a> (GF-DF-EF)	<a href="#">Quinoa Stuffed Peppers</a> (GF)	<a href="#">Chicken Parmesan with Spaghetti Squash</a> (GF)	<a href="#">Philly Cheesesteak Stuffed Green Peppers</a> (GF-EF)
9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
<a href="#">Parmesan Garlic Shrimp</a> (GF-EF)	<a href="#">Low Calorie Salmon Cakes</a> (GF)	<a href="#">Slow Cooker Mongolian Beef</a> (GF-DF)	<a href="#">Maple Balsamic Baked Pork Chops Recipe</a> (GF-DF-EF)	<a href="#">Sweet Tea Chicken</a> (GF)	<a href="#">Balsamic Eggplant with Lentils</a> (GF-DF)	<a href="#">Roasted Potato and Ham Casserole</a> (GF-DF-EF)
16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
<a href="#">Southwest Quinoa Salad</a> (GF-DF)	<a href="#">Pizza Frittata</a> (GF)	<a href="#">Buffalo Ranch Chicken Casserole</a> (GF-EF)	<a href="#">Cabbage Roll Soup with Turkey</a> (GF-DF-EF)	<a href="#">Pesto Spaghetti Squash</a> (GF-DF-EF)	<a href="#">Southwest Shrimp Salad</a> (GF-DF-EF)	<a href="#">Slow Cooker Honey Pork and Apples</a> (GF-DF-EF)
23 Sunday	24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 Saturday
<a href="#">Healthy One Dish Chicken Bake</a> (GF-DF-EF)	<a href="#">Crockpot Black Bean Fajitas</a> (GF-DF-EF)	<a href="#">Salmon with Mango Salsa</a> (GF-DF-EF)	<a href="#">Crockpot Chicken and Sweet Potatoes</a> (GF-DF-EF)	<a href="#">Paleo Easy Chuck Roast</a> (GF-DF-EF)	<a href="#">Slow Cooker Lemon Garlic Chicken</a> (GF-DF-EF)	<a href="#">Orange Roasted Chicken</a> (GF-DF)
30 Sunday	GF – Gluten-Free   DF – Dairy-Free   EF – Egg-Free <a href="https://www.facebook.com/groups/easyhealthyquickmeals/">https://www.facebook.com/groups/easyhealthyquickmeals/</a>					
<a href="#">Baked Quinoa Patties</a> (GF-DF)						