

January 2025 Monthly Meal Plan

www.SouthernSavers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Slow cooker pulled pork, Mexican coleslaw</p>	<p>2</p> <p>Nacho chicken casserole</p>	<p>3</p> <p>Pumpkin and prosciutto pizza, side salad</p>	<p>4</p> <p>Saturday garlic shrimp, zucchini noodles</p>
<p>5</p> <p>Herb roasted pork loin, four cheese pesto zoodles</p>	<p>6</p> <p>Thai chicken soup with zucchini noodles</p>	<p>7</p> <p>Baked chicken Italian sausage and peppers, green beans</p>	<p>8</p> <p>Cheesy broccoli and sausage casserole</p>	<p>9</p> <p>Peanut chicken tenders, Asian roasted carrots and broccoli</p>	<p>10</p> <p>Egg roll in a bowl</p>	<p>11</p> <p>Lemon garlic fish, asparagus</p>
<p>12</p> <p>Slow cooker breakfast bake, berries</p>	<p>13</p> <p>White chicken chili, keto southern style cornbread</p>	<p>14</p> <p>Instant pot bang bang chicken, cauliflower rice</p>	<p>15</p> <p>Korean beef bowls, broccoli</p>	<p>16</p> <p>Italian sub stuffed chicken breasts, red pepper spinach salad</p>	<p>17</p> <p>Classic buffalo wings, raw veggies and low carb dressing</p>	<p>18</p> <p>Sausage shrimp stir fry</p>
<p>19</p> <p>Bacon, egg, and cheese biscuit casserole, berries</p>	<p>20</p> <p>Spinach alfredo zucchini rolls, side salad</p>	<p>21</p> <p>Garlic mushroom chicken, bacon wrapped green beans</p>	<p>22</p> <p>Philly cheesesteak stuffed peppers</p>	<p>23</p> <p>Easy oven fajitas, salad, cauliflower rice</p>	<p>24</p> <p>Keto chili, keto southern style cornbread</p>	<p>25</p> <p>Smothered pork chops, green beans</p>
<p>26</p> <p>Slow cooker bacon cheeseburger pie, berries</p>	<p>27</p> <p>Protein noodle lasagna, broccoli</p>	<p>28</p> <p>Garlic butter chicken bites with zucchini noodles</p>	<p>29</p> <p>Creamy basil baked sausage, asparagus</p>	<p>30</p> <p>Crispy chicken thighs, cauliflower mac and cheese</p>	<p>31</p> <p>Low carb pepperoni pizza, salad</p>	