








January 20 - 26, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<u>Pressure Cooker 3 Ingredient Ribs</u>	<u>Easy Slow Cooker Chicken Noodle Casserole Recipe</u>	<u>Maple Mustard Salmon</u>	<u>Creamed Ham (or Turkey)</u>	<u>5 Ingredient Slow Cooker Mexican Chicken</u>	<u>Baked Bacon-Wrapped Chicken Tenders</u>	<u>Apple Cider Barbecue Chicken Wings</u>

<u>Don't have a pressure cooker yet? Here is our favorite!</u> #affiliate	<u>Here is our favorite programmable slow cooker!</u> #affiliate					
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