



Sassy Slow Cooker Easy Menu Plan

“Spending my days out of the kitchen.”

December 2013

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
Coca Cola Ham Freeze leftover ham]	Chicken Tacos Refried Beans	Beef Broccoli Rice]	Ham Lentil Soup Raw Veggies and Ranch Dip]	Chicken Chili]	Pizza Supreme without the crust Green Beans	Spiced Nuts Leftovers
8	9	10	11	12	13	14
Brown Sugar Pork Chops Apple Sauce]	Chicken Fettuccini Broccoli]	Sweet and Sour Meatballs Carrots]	Black Bean Chili Fruit Salad]	Chicken Pot Pie Garden Salad]	Cornbread Casserole Mixed Veggies]	To Die For Bread Pudding Leftovers]
15]	16]	17]	18]	19]	20]	21]
Easy Pot Roast with Gluten FREE gravy]	Country Chicken Green Beans]	Cheeseburger Soup Rolls]	Veggie Soup salad]	Apple Bacon Pork Roast Mashed Potatoes]	Healthy Whole Chicken Refrigerate Leftovers Corn]	Pumpkin Butter Leftovers]
22]	23]	24]	25]	26]	27]	28]
Game Day Chili Tortilla Chips]	Macaroni and Cheese Use leftover chicken]	Swiss Steak Rice]	Slow Cooker Turkey Stuffing]	Mock King Ranch Chicken Tortilla Chips]	Beef Stroganoff Green Peas]	Yogurt Leftovers]
29]	30]	31]				[If you would like to save more time, try doubling the recipes and freezing leftovers. You can reheat in your microwave or in your slow cooker on low, but just add water.]
BBQ Chicken Sandwiches French Fries]	Lemon Chicken Rice or Pasta]	Stuffed Pepper Soup Salad]				