



# The Sassy Slow Cooker Easy Menu Plan

“Spending my days out of the kitchen.”

2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>“Let food be thy medicine and medicine be thy food.” - Hippocrates</p>			1	2	3	4
			<a href="#">Spicy Chicken Taco Meat</a> Flour Tortillas	<a href="#">Pulled Pork BBQ</a> Coleslaw	<a href="#">Spaghetti</a> Mixed Green Salad	Happy 4 <sup>th</sup> of July <a href="#">Meatloaf</a> <a href="#">Apple Pudding Cake</a>
5	6	7	8	9	10	11
<a href="#">Cola Baby Back Ribs</a> Buttered Corn	<a href="#">Meatball Subs</a>	<a href="#">Garlic Butter Cream Cheese Chicken</a> Broccoli Salad	<a href="#">Pork Chops</a> Rice	<a href="#">Lemon Thyme Chicken</a> <a href="#">Ham Potato Hash</a>	<a href="#">Ravioli</a> Garlic Bread	Leftovers <a href="#">Corn Pudding</a>
12	13	14	15	16	17	18
<a href="#">Cube Steak</a> Rice or Noodles	<a href="#">Spicy Chicken &amp; Black Beans</a> Rice	<a href="#">Paleo Chinese Pork</a> Rice	<a href="#">Beef Roast</a> <a href="#">Baked Potatoes</a>	<a href="#">Chicken Parmesan</a> Green Salad	<a href="#">Hawaiian BBQ Pork</a> Caesar Salad	Leftovers <a href="#">Bread Pudding</a>
19	20	21	22	23	24	25
<a href="#">Marinara Chicken and Vegetables</a>	<a href="#">Chipotle BBQ Pulled Pork</a> Coleslaw	<a href="#">Chicken Enchiladas</a> <a href="#">Refried Beans</a>	<a href="#">Italian Chicken</a> Green Beans	<a href="#">Hamburger Dish</a> Lettuce Salad	<a href="#">Steak N Fries</a> Green Peas	Leftovers <a href="#">Mexican Baked Potato Soup</a>
26	27	28	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.
<a href="#">Pizza Sloppy Joes</a> Potato Salad	<a href="#">Meatball Stew</a> Rice	<a href="#">Sausage Peppers</a> Pasta	<a href="#">Buffalo Chicken Sandwich</a>	<a href="#">Ground Meat Goulash</a> Green Salad	<a href="#">Pepper Steak</a> Rice	