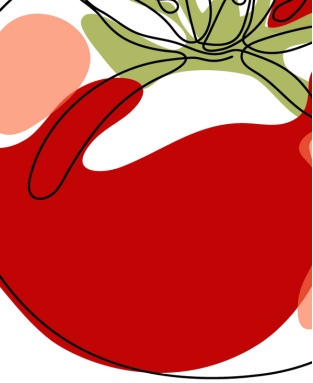




30 DAYS OF *Holiday Leftovers*

Ham + Cheese + Caramelized Onion Frittata
Ham + Split Pea Soup
Ham + Sweet Potato Hash
Ham + Cheese + Egg Croque Madame Sandwich
Hawaiian Ham + Cheese Sliders
Ham + Cabbage + Potato
Turkey Cobb Salad
Turkey Tortilla Soup
Turkey Pot Pie
Turkey Noodle Soup
Turkey + Swiss Crescent Rolls
Turkey + Wild Mushroom Risotto
Turkey Alfredo
Turkey + Cranberry Jelly + Stuffing Sandwich
Stuffing Muffins
Stuffing + Ham Croquettes
Stuffing + Turkey + Cheese Stuffed Bell Peppers
Stuffing Spring Rolls
Stuffing Topped Mac & Cheese
Mashed Potato + Scallion Pancakes
Mashed Potato Topped Shepherd's Pie
Mashed Potato + Broccoli Casserole
Mashed Potato + Cheese + Bacon Croquettes
Mashed Potato + Cheese Waffles
Sweet Potato Pancakes
Sweet Potato Brownies
Sweet Potato Mini Tarts
Eggnog Overnight Oats
Eggnog Bread Pudding
Eggnog Coffee Loaf

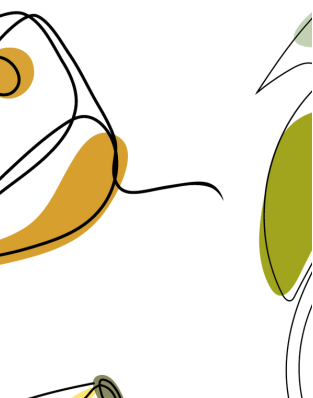


MONTHLY *Meal Planner*

B = BREAKFAST L = LUNCH D = DINNER



B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D



Notes