

Real Food Meal Plan January

<u>Chinese New Year Egg Drop Soup with Vegetables from Sweet Peas and Pumpkins</u>	<u>Lemony Lentil Soup with Greens</u>	<u>Brown Rice, Lentil, and Spinach Soup from Saveur</u>	<u>Tomato Braised Chicken with Kale from My Kitchen Addiction</u>	<u>Cauliflower Soup with Sharp Cheddar and Thyme</u>	<u>Chicken & Cauliflower Yakitori</u>	<u>Curried Chicken Potpie from Martha Stewart</u>
<u>Shaved Brussels Sprouts and Ginger Potstickers from Naturally Ella</u>	<u>Shaved Brussels Sprouts and Soba Noodles with Ginger-Honey Sauce from Naturally Ella</u>	<u>Basic Veggie Lasagna with Homemade Noodles from Naturally Ella</u>	<u>Chinese Orange Chicken</u>	<u>Skillet Cheesy Chili Mac from Sweet Peas Kitchen</u>		