|  |  |
| --- | --- |
|  30-Day Healthy Slow Cooker Challenge |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | [Teriyaki Chicken](http://www.theseasonedmom.com/healthy-slow-cooker-teriyaki-chicken-ginger-bok-choy-salad/)Rice; Steamed Broccoli |  | [Pork with Spiced Apples](http://www.theseasonedmom.com/6-healthy-slow-cooker-freezer-meals-45-minutes/)Steamed Green Beans |  | [Lasagna Soup](http://www.theseasonedmom.com/healthy-slow-cooker-lasagna-soup/)Crusty Bread |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | [Chicken Tikka Masala](http://www.theseasonedmom.com/all-day-slow-cooker/)Rice; Peas |  | [Greek Chicken](http://www.theseasonedmom.com/slow-cooker-greek-chicken/)Pita Bread; Hummus; Tzatziki Sauce; Sliced Cucumber |  | [Chicken & Shrimp Jambalaya](http://www.theseasonedmom.com/slow-cooker-chicken-and-shrimp-jambalaya/)Cornbread |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | [Pulled BBQ Chicken](http://www.theseasonedmom.com/slow-cooker-pulled-barbecue-chicken/)Cornbread; Salad or Coleslaw |  | [Korean Beef](http://www.theseasonedmom.com/6-healthy-slow-cooker-freezer-meals-45-minutes/)Tortillas or Lettuce Wraps; Rice; Broccoli |  | [Chicken Enchilada Chili](http://www.theseasonedmom.com/slow-cooker-chicken-chili/) |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | [Italian Pot Roast](http://www.theseasonedmom.com/slow-cooker-italian-pot-roast/)Pasta |  | [Carnitas (Shredded Pork Tacos)](http://www.theseasonedmom.com/slow-cooker-carnitas/)Tortillas; Corn |  | [Chicken Pesto & Rice Soup](http://www.theseasonedmom.com/6-healthy-slow-cooker-freezer-meals-45-minutes/) |  |
| 29 | 30 | 31 |  |  |  |  |
|  | [Meatball Soup](http://www.theseasonedmom.com/all-day-slow-cooker/)Dinner Roll |  |  |  |  |  |
|  |  |  |  |  |  |  |