30 DAYS *of*

HEALTHY DINNERS!

The Seasoned Mom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Quick and Easy Spaghetti Bolognese Sauce with Whole Wheat Pasta or Zucchini Noodles	2	3 5-Ingredient, 5-Minute Blackened Salmon served with Broccoli and Rice or Quinoa	4	5 Slow Cooker Buffalo Ranch Chicken Tacos served with Salad and Corn	6
7	8 Dump-and-Bake Maple Balsamic Chicken served with Mashed Cauliflower and Green Beans	9	10 Easy Homemade Minestrone Soup served with Whole Grain Dinner Rolls or Bread	11	12 Dump-and-Bake Shrimp Scampi with Linguine served with Salad	13
14	15 Dump-and-Bake Healthy Chicken Parmesan served with Whole Wheat Pasta and Salad	16	17 Quick and Easy Marinara Soup served with Whole Grain Dinner Rolls	18	19 Honey Garlic Dijon Pork Tenderloin served with Asparagus and Brown Rice	20
21	22 Dump-and-Bake Smothered Parmesan Chicken served with Couscous and Sautéed Zucchini	23	24 Sheet Pan Supper: Honey Garlic Shrimp with Rice and Green Beans	25	26 Quick and Easy Vegetable Lasagna	27
28	29 Slow Cooker Farmhouse Beef Stew	30	31 Dump-and-Bake Chicken Noodle Casserole			