

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chicken and potatoes casserole
2 Fried sausage with rice and kimchi	3 Best Ever American Goulash	4 Crispy Bean and Cheese Burritos with chips and salsa	5 Baked chicken with loaded baked potatoes	6 Mommy's night out! Daddy ordered pizza – Win, Win!	7 Rotisserie chicken with brown rice, black eyed peas, and green beans	8 Grilled cheese with chips and fruit with yogurt
9 Pizza night!	10 Burgers with tots	11 Hot dogs with tots	12 Buba's Chili	13 Buba's S'getti	14 Slow Cooker Meal BBQ chicken with sweet potato fries and green beans	15 Baked chicken with lemon, brussels sprouts, and potatoes
16 Rotisserie chicken with rice, kimchi, and seaweed	17 Tortellini with garlic bread	18 Meatloaf with scalloped potatoes and green beans	19 Slow Cooker Meal Chicken tacos	20 Sandwiches and chips with fruit	21 Slow Cooker Meal BBQ chicken with mashed cauliflower and asparagus	22 Tacos
23 Be your own chef night	24 Slow Cooker Meal Chicken tacos	25 Pizza for kids' school's spirit night	26 Buba's s'getti	27 Buba's chili	28 Tacos	29 Hot dogs and fries
30 Burgers with chips and baked beans						

TIPS

Fibro Fridays LIVE with Brandi & Tim

Join us each Friday at noon EST at www.facebook.com/beingfibromom! We will talk about fibromyalgia and answer readers' questions & comments!

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Slow Cooker Meals

To simplify meal planning, make slow cooker meals. Use slow cooker liners to make cleanup a breeze!

Fibromyalgia Thrivers Elite

Become a fibromyalgia thriver at www.beingfibromom.com/premium-thriver-membership and get access to exclusive content including discounts on Fibro Gear and the secret Facebook group, Fibro Thrivers Elite!