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| New Year's Day | Saturday | Sunday | Monday | Tuesday | Wed | Thursday | Friday |
| Ham, black-eye peas, greens and cornbread | Honey Lime Grilled Pork Tenderloin with Citrus Salsa cookinglight.com broccoli | Orecchiette with Kale, Bacon, and Sun-Dried Tomatoes cookinglight.com | Veggie and Tofu Stir Fry (cookinglight.com) and egg rolls | Tortilla Soup cookinglight.com | Tenderloin, applesauce, and mac and cheese | Soup and grilled cheese | Mediterranean Chicken with Potatoes cookinglight.com |