

MEAL PLAN

FEBRUARY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>Texas Toast</u> <u>Sloppy Joes</u>	2 <u>Crockpot</u> <u>Zesty Italian</u> <u>Chicken Pasta</u>	3 <u>Instant Pot</u> <u>Lazy</u> <u>Lasagna</u> -	4 <u>Garlic Butter</u> <u>Chicken</u> <u>w/veggies</u>
WEEK 2	5 <u>Hawaiian Roll</u> <u>French</u> <u>Toast</u>	6 <u>Tacos</u> <u>W/ Spanish</u> <u>Rice</u>	7 Leftovers	8 <u>Creamy Beef</u> <u>And</u> <u>Shells</u>	9 <u>Crockpot</u> <u>Ranch</u> <u>Pork Chops</u>	10 <u>Cheeseburger</u> <u>Biscuits</u>	11 Super Bowl: Finger Foods
WEEK 3	12 <u>Cinnamon Roll</u> <u>Sheet pan</u> <u>Pancakes</u>	13 <u>Dorito</u> <u>Casserole</u>	14 Valentine's Day	15 <u>Copycat</u> <u>KFC Chicken</u> <u>Bowls</u>	16 <u>Stuffed</u> <u>Pepper</u> <u>Soup</u>	17 <u>Creamy</u> <u>Parmesan</u> <u>One pot</u> <u>Chicken & Rice</u>	18 <u>Crockpot</u> <u>Pizza</u> <u>Casserole</u> -
WEEK 4	19 <u>Sausage &</u> <u>cream cheese</u> <u>Crescents</u>	20 <u>Easy Taco</u> <u>Rice</u>	21 Leftovers	22 <u>Tik Tok</u> <u>Ziti</u>	23 <u>Crockpot</u> <u>Chicken</u> <u>Nachos</u>	24 <u>Air Fryer</u> <u>Pork Chops</u>	25 <u>Beef &</u> <u>Noodles</u>
WEEK 5	26 <u>Breakfast</u> <u>Rolls</u>	27 <u>Cheesy Beef</u> <u>Quesadilla</u>	28 Leftovers	29 <u>Chicken</u> <u>Green Beans</u> <u>Potatoes</u>			