

# MEAL PLAN

FEBRUARY 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1				1 <u>Spinach &amp; Mushroom Smothered Chicken</u>	2 <u>Spaghetti Squash With Meat Sauce</u>	3 <u>Shrimp &amp; Steak Kabobs</u>	4 <u>Lemon Chicken</u>
WEEK 2	5 <u>Club Lettuce Wrap &amp; Broccoli Cheese Soup</u>	6 <u>Sheet Pan Sausage &amp; Veggies</u>	7 <u>Chicken Bacon Ranch Casserole</u>	8 <u>Eggroll In A Bowl &amp; Egg Drop Soup</u>	9 <u>Meatloaf with Mashed Cauliflower</u>	10 <u>Slow Cooker Italian Beef</u>	11 <u>Baked Crack Chicken</u>
WEEK 3	12 <u>Bruchetta Chicken Casserole</u>	13 <u>Bang Bang Chicken Skewers</u>	14 <u>Parmesan Dijon Pork Chops</u>	15 <u>Grill Chicken Cobb Ceasar Salad</u>	16 <u>Zucchini Crust Pizza</u>	17 <u>Chili &amp; Cornbread</u>	18 <u>Zuppa Toscano Soup and Salad</u>
WEEK 4	19 <u>Taco Casserole</u>	20 <u>Chicken &amp; Cauliflower Rice Casserole</u>	21 <u>Sheet Pan Sesame Chicken &amp; Veggies</u>	22 <u>Spinach Stuffed Chicken</u>	23 <u>Lettuce Cheeseburger Wrap &amp; Zucchini Fries</u>	24 <u>Steak Fajitas Sheet Pan</u>	25 <u>Chicken Parm Zucchini Boats</u>
WEEK 5	26 <u>Beef &amp; Broccoli With Cauliflower Rice</u>	27 <u>Garlic Butter Chicken Bites &amp; Lemon Asparagus</u>	28 <u>Tuscan Chicken With Spaghetti Squash</u>	29 <u>Honey Mustard Chopped Chicken Salad</u>			