


FEBRUARY MEAL PLAN

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 <u>Spinach & Mushroom Smothered Chicken</u>
2 <u>Shrimp & Steak Kabobs</u>	3 <u>Spaghetti Squash With Meat Sauce</u>	4 <u>Lemon Chicken</u>	5 <u>Club Lettuce Wrap</u>	6 <u>Sheet Pan Sausage & Veggies</u>	7 <u>Chicken Bacon Ranch Casserole</u>	8 <u>Meatloaf with Mashed Cauliflower</u>
9 	10 <u>Slow Cooker Italian Beef</u>	11 <u>Baked Crack Chicken</u>	12 <u>Parmesan Dijon Pork Chops</u>	13 <u>Bang Bang Chicken Skewers</u>	14 <i>Valentine's Day</i>	15 <u>Zucchini Crust Pizza</u>
16 <u>Bruchetta Chicken Casserole</u>	17 <u>Eggroll In A Bowl</u>	18 <u>Zuppa Toscano Soup and Salad</u>	19 <u>Taco Casserole</u>	20 <u>Chicken & Cauliflower Rice Casserole</u>	21 <u>Sheet Pan Sesame Chicken & Veggies</u>	22 <u>Spinach Stuffed Chicken</u>
23 <u>Lettuce Cheeseburger Wrap</u>	24 <u>Steak Fajitas Sheet Pan</u>	25 <u>Chicken Parm Zucchini Boats</u>	26 <u>Beef & Broccoli With Cauliflower Rice</u>	27 <u>Garlic Butter Chicken Bites & Lemon Asparagus</u>	28 <u>Honey Mustard Chopped Chicken Salad</u>	1