

February

2026

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

SHOPPING LIST:

FAVORITE MEALS: