

FEBRUARY 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 SC Chicken and Corn Chowder	2 Ham & Cheese Tortellini	3 Dan Dan Noodles – P.F. Chang Style Easy Garlic Snap Peas
4 SC Easy Crock Pot Meatloaf Recipe Salad with Red Onion Dressing	5 Layered Salad (easy make ahead meal)	6 Classic Chicken Caesar Salad	7 SC Slow Cooker Cheeseburger Soup	8 Carmelized Onion, Bacon and Spinach Pizza	9 SC Crockpot Seafood Stew	10 Crispy Parmesan Garlic Chicken with Zucchini Serve over noodles of choice
11 SC Crockpot Turkey Chili Crackers of choice	12 Taco Bake Salad	13 General Tso's Chicken Perfect Rice	14 SC Slow Cooker Lasagna Green Beans Garlic Bread	15 Oven Chicken Fajitas Easy Mexican Rice	16 SC Slow Cooker Angel Pork Chops	17 Italian Beef Pizza
18 SC Slow Cooker Creamy Cilantro Lime Chicken	19 Brussel Sprouts Salad with Bacon, Dried Cranberries, Almonds & Paremesan	20 Zuppa Toscana Soup (Olive Garden Copycat)	21 SC Slow Cooker Pepperoni Pizza Bake Salad	22 Honey Garlic Salmon Lemon Parmesan Asparagus	23 Beef and Brocoli Perfect Rice	24 Cheeseburger Salad (make beef ahead)
25 SC Best Ever Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette	26 Salsa Verde Chicken Enchiladas Salad	27 Crab Cakes Twice Baked Potatoes Lemon Parmesan Asparagus	28 SC Easy Slow Cooker Shredded Mexican Chicken		W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:	Snack Options:		Lunch Options:		Dessert Options:	
<ul style="list-style-type: none"> * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * Sweetheart Cinnamon Rolls * Overnight French Toast Casserole * Red Velvet Donuts 	<ul style="list-style-type: none"> * 30+ Family Movie Night Snacks * Clean Eating Real Food Snacks * Self-Serve Healthy Kid Snacks * 175+ Snack Options * Healthy Winter Fruit Salad 		<ul style="list-style-type: none"> * 55+ Comforting Chili Recipes * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * 35+ Homemade Hot Chocolate * 25 Cookie & Candy Recipes * 30+ Valentine's Day Recipes * Sugar-Free Chocolate Recipes 	