

February 2019 Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Carmelized Onion, Bacon and Spinach Pizza	2 Crispy Parmesan Garlic Chicken with Zucchini Serve over noodles of choice
3 SC Slow Cooker Lasagna Green Beans Garlic Bread	4 Layered Salad (easy make ahead meal)	5 Ham & Cheese Tortellini	6 SC Chicken and Corn Chowder	7 Classic Chicken Caesar Salad	8 SC Crockpot Seafood Stew	9 Dan Dan Noodles – P.F. Chang Style Easy Garlic Snap Peas
10 SC Easy Slow Cooker Shredded Mexican Chicken	11 Brussel Sprouts Salad with Bacon, Dried Cranberries, Almonds & Paremesan	12 General Tso's Chicken Perfect Rice	13 SC Slow Cooker Cheeseburger Soup	14 Honey Garlic Salmon Lemon Parmesan Asparagus	15 SC Slow Cooker Angel Pork Chops	16 Beef and Broccoli Perfect Rice
17 SC Easy Crock Pot Meatloaf Recipe Salad with Red Onion Dressing	18 Zuppa Toscana Soup (Olive Garden Copycat)	19 Taco Bake Salad	20 SC Slow Cooker Pepperoni Pizza Bake Salad	21 Cheeseburger Salad (make beef ahead)	22 Oven Chicken Fajitas Easy Mexican Rice	23 Crab Cakes Twice Baked Potatoes Lemon Parmesan Asparagus
24 SC Slow Cooker Creamy Cilantro Lime Chicken White or Brown Rice	25 Italian Beef Pizza	26 Salsa Verde Chicken Enchiladas Salad	27 SC Crockpot Turkey Chili Crackers of choice	28 Baked Thin Pork Chops & Veggies Sheet Pan Dinner	W30 = Whole30 P = Paleo V = Vegan K = KETO LC = Low Carb	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free SF = Sugar 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 * 40 Amazing Sheet Pan Meals * 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