

FEBRUARY 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan	K = KETO LC = Low Carb SF = Sugar Free	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free				1 Spinach Stuffed Salmon Zucchini Noodles Salad
2 Super Bowl! Pizza Fondue Recipe	3 Steak Fajitas Cilantro Lime Rice	4 Winter Salad with Homemade Vinaigrette	5 SC White Chicken Chili Crockpot Recipe	6 Easy Creamy Chicken Tetrazzini	7 Roasted Vegetable Winter Salad	8 Oriecciette with Sausage and Broccoli
9 SC Slow Cooker Chicken Pot Pie Soup	10 Stuffed Shells Recipe with Spinach & Cashew-Almond Ricotta (V)	11 Baked Honey Mustard Chicken Breast with Lemon	12 SC Slow Cooker Broccoli Beef	13 Crunchy Winter Salad w/ Balsamic Honey Mustard Dressing	14 Valentine's Day! Easy Broiled Lobster Tail (W30) Steamed Veggies Salad	15 Beef Stroganoff Salad
16 SC Slow Cooker Honey Garlic Chicken	17 Asian Grilled Flank Steak Sticky Rice	18 Creamy Zucchini and Spinach Pasta Bake	19 SC Chicken Enchilada Soup	20 Winter Pasta Salad with Roasted Vegetables	21 Parmesan Risotto with Roasted Shrimp Salad	22 Honey Garlic Steak Bites Mashed Potatoes Steamed Asparagus
23 SC Slow Cooker Thick & Chunky Beef Stew	24 30-Minute Vegan Red Curry Noodle Bowls (V)	25 Spinach, Apple, Gorgonzola & Candied Walnut Winter Salad	26 SC Slow Cooker Chicken Alfredo Tortellini	27 One-Pot Jambalaya Pasta	28 Baby Bok Choy Salad with Ginger Sesame Soy Dressing	29 Roasted Lamp Chops w/ Mashed Red Potatoes & Cucumber Salad
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* (LC) Egg Lasagna Casserole * Breakfast Tacos with Chorizo, Potatoes and Eggs * Peanut Butter Banana Chia Oatmeal * Maple Apple Butter Oatmeal		* Polar Bear Rice Krispie Treats * Sweet Potato Energy Bars * Homemade Winter Berry Granola * Garlic Roasted Chickpeas		* Whole30 Lunch Ideas * Avocado Blueberry Quinoa Salad * Ratatouille Chicken Bowls * Tex-Mex Quinoa Salad		* Hot Chocolate Cookies * Chocolate Lasagna * Valentine's Day Sugar Cookie Bars * Easy Valentine's Day Bark