

MEAL PLAN

february

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>Mushroom Soup (without cream).</u>	2 <u>Slow Cooker Salsa Verde Chicken</u>	3 <u>Air Fryer Chicken Parmesan</u>	4 <u>Creamy Broccoli and Cheddar Soup</u>	5 <u>One Pot Spinach Artichoke Gnocchi</u>	6 <u>Healthy Buffalo Chicken Meatballs</u>	7 <u>White Chicken Chili</u>
8 <u>Beginner Friendly Carbonara</u>	9 <u>Beef Vegetable Soup</u>	10 <u>Spinach Lasagna Roll Ups</u>	11 <u>High Protein Mac and Cheese</u>	12 <u>Slow Cooker Chicken Fajitas</u>	13 <u>Pan Fried Lamb Chops</u>	14 <u>Shrimp Scampi Fettucine</u>
15 <u>5-Ingredient Chickpea Curry.</u>	16 <u>Coconut Curry Dumpling Bake</u>	17 <u>Creamy Cajun Chicken Pasta</u>	18 <u>Tuscan Salmon</u>	19 <u>Red Wine Bolognese</u>	20 <u>Chicken Mozzarella Pasta</u>	21 <u>Warm Chicken and Rice Salad</u>
22 <u>Sweet Potato Black Bean Curry.</u>	23 <u>Naan Flatbread Pizza</u>	24 <u>Slow Cooker Steak and Potatoes</u>	25 <u>Shrimp w/ Bang Bang Sauce</u>	26 <u>Napa Cabbage and Crispy Tempeh Salad</u>	27 <u>Skillet Lasagna</u>	28 <u>Sage and Goat Cheese Fettuccine Al Limone</u>
