

## February Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <a href="#">Creamy basil baked sausage</a> , broccoli, pasta	<b>2</b> <a href="#">Pizzadillas</a>
<b>3</b> <a href="#">Slow cooker pot roast</a> , salad	<b>4</b> <a href="#">Slow cooker tomato soup</a> , <a href="#">grilled cheese</a>	<b>5</b> <a href="#">Oven chicken shawarma</a> , <a href="#">curry carrots</a> , pita bread	<b>6</b> <a href="#">Skillet lasagna</a> , broccoli, garlic bread	<b>7</b> <a href="#">Black bean and rice enchiladas</a> , corn	<b>8</b> <a href="#">Pepperoni stuffed chicken</a> , pasta, green beans	<b>9</b> <a href="#">Meatball sandwiches</a> , salad
<b>10</b> <a href="#">Slow cooker French dip sandwiches</a> , raw veggies and dip	<b>11</b> <a href="#">Slow cooker balsamic chicken</a> , rice, broccoli	<b>12</b> <a href="#">Vegetable frittata</a> , fruit	<b>13</b> <a href="#">Super simple sausage pasta</a> , green beans	<b>14</b> ** <a href="#">Frugal Valentine's Day Dinner</a> **	<b>15</b> <a href="#">Crispy tortilla pizzas</a> , salad	<b>16</b> <a href="#">Quick stir fry</a>
<b>17</b> <a href="#">Moo shu chicken</a> , <a href="#">Asian roasted carrots and broccoli</a>	<b>18</b> <a href="#">30-minute chili</a> , <a href="#">cornbread</a>	<b>19</b> <a href="#">Red beans and rice</a>	<b>20</b> <a href="#">Broccoli fettuccine alfredo</a>	<b>21</b> <a href="#">Vegetarian lentil tacos</a> , rice, corn	<b>22</b> <a href="#">Crispy baked fish nuggets</a> , tater tots, green beans	<b>23</b> <a href="#">Cheesy sausage enchiladas</a> , <a href="#">Mexican black beans</a> , corn
<b>24</b> <a href="#">Sloppy joes</a> , raw vegetables and dip	<b>25</b> <a href="#">Chunky potato soup</a> , bread, salad	<b>26</b> <a href="#">Sausage egg bake</a> , <a href="#">fluffy pancakes</a> , fruit	<b>27</b> <a href="#">Shortcut chicken cordon bleu</a> , green beans	<b>28</b> <a href="#">Spinach feta grilled cheese</a> , fruit		