

# FEBRUARY 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <a href="#">Slow cooker tomato soup, grilled cheese</a>
<b>2</b> <a href="#">Pot roast</a> , mashed potatoes	<b>3</b> <a href="#">Chicken and sausage in garlic cream sauce</a> , pasta	<b>4</b> <a href="#">Zuppa toscana soup</a> , salad	<b>5</b> <a href="#">Super easy stir fry</a>	<b>6</b> <a href="#">Honey sriraha chicken</a> , rice, green beans	<b>7</b> <a href="#">Braided pizza loaf</a> , salad	<b>8</b> <a href="#">Cheesy sausage enchiladas</a> , corn
<b>9</b> <a href="#">Tray baked chicken</a> , green vegetable	<b>10</b> <a href="#">Baked chicken meatballs</a> , pasta, sauce, salad	<b>11</b> <a href="#">Simple Time pork chops</a> , rice, green vegetable	<b>12</b> <a href="#">Easy oven fajitas</a> , black beans, corn	<b>13</b> <a href="#">Broccoli fettuccini alfredo</a>	<b>14</b> <a href="#">Frugal Valentine's Meal for Two</a>	<b>15</b> <a href="#">Baked nachos</a> , salad
<b>16</b> <a href="#">French onion chicken</a> , <a href="#">easy sauteed green beans</a>	<b>17</b> <a href="#">Frugal one-pan skillet lasagna</a> , broccoli	<b>18</b> <a href="#">Slow cooker white chicken chili</a> , salad	<b>19</b> <a href="#">Smoked sausage, red beans, and rice</a>	<b>20</b> <a href="#">Sticky ginger soy glazed chicken</a> , rice, green beans	<b>21</b> <a href="#">Super simple sausage pasta</a> , broccoli	<b>22</b> <a href="#">Sloppy joes</a> , green vegetable
<b>23</b> <a href="#">Quiche</a> , fruit	<b>24</b> <a href="#">Monterey chicken</a> , pasta, vegetable	<b>25</b> <a href="#">Hamburger soup</a> , salad	<b>26</b> <a href="#">Beef burrito casserole</a> , corn	<b>27</b> <a href="#">Lighter baked spaghetti</a> , broccoli	<b>28</b> <a href="#">Spinach feta grilled cheese</a> , fruit	<b>29</b> <a href="#">Quick and easy jambalaya</a> , green vegetable