

February 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Slow cooker white chicken chili , salad	2 Mediterranean pasta	3 Easy beef stroganoff , asparagus	4 Pepperoni stuffed chicken , pasta, green beans	5 Cuban beef and potato sandwiches , fruit	6 Baked nachos , salad
7  Easy Super Bowl appetizers	8 Instant Pot lemon chicken and rice , green beans	9 Broccoli fettuccine alfredo	10 Florentine meatballs , egg noodles	11 Honey sriracha chicken , rice, green beans	12 Homemade pizza bread , fruit	13 Sloppy joes , green vegetable
14  Valentine's Day Dinner	15 Hamburger soup , salad	16 Healthy one pot pasta	17 Pork with sweet and sour squash	18 Monterey chicken , pasta, vegetable	19 Mexican pizza , fruit	20 Spinach feta grilled cheese , fruit
21 Slow cooker pot roast , salad	22 Chunky potato soup , salad	23 Pasta bolognese , broccoli	24 Oven burgers , frozen french fries, vegetable	25 Sticky ginger soy glazed chicken , rice, green beans	26 Shrimp and avocado burritos , fruit	27 Cajun salmon burgers , chips, fruit
28 Skillet sausage and veggies						