

February 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Simple Time pork chops , rice, green vegetable	2 Mediterranean pasta	3 Honey sriracha chicken , rice, green beans	4 Oven burgers , frozen french fries, vegetable	5 Spinach feta grilled cheese , fruit
6 15 Super Bowl Appetizer Ideas	7 Sticky ginger soy glazed chicken , rice, green beans	8 Easy oven fajitas , black beans, corn	9 Chicken and sausage in garlic cream sauce , pasta	10 Chunky potato soup , salad	11 Mexican pizza , fruit	12 Slow cooker white chicken chili , salad
13 Pot roast , mashed potatoes	14 Valentine's Day Dinner Ideas	15 Quiche , fruit	16 Super simple sausage pasta , broccoli	17 Pepperoni stuffed chicken , pasta, green beans	18 Cuban beef and potato sandwiches , fruit	19 Baked nachos , salad
20 Tray baked chicken , green vegetable	21 Quick and easy jambalaya , green vegetable	22 Cheesy sausage enchiladas , corn	23 Lighter baked spaghetti , broccoli	24 Skillet sausage and veggies	25 Shrimp and avocado burritos , fruit	26 Cajun salmon burgers , chips, fruit
27 French onion chicken , easy sauteed green beans	28 Easy beef stroganoff , asparagus					