

February 2024 • • Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Instant pot butter chicken , rice, green beans	2 Pulled pork , coleslaw	3 Baked potato bar
4 Frozen pizzas, salad kit	5 Bacon wrapped chicken , biscuits, broccoli	6 Curry turkey salad	7 Chicken shawarma pita meal	8 Cream cheese and chicken taquitos , corn	9 Pizza bread , broccoli	10 Pasta bar
11 Super Bowl appetizers	12 Buffalo chicken stuffed peppers	13 Big mac salad	14 Valentine's Day Dinner	15 White chicken enchiladas , corn	16 Homemade chicago deep dish pizza , salad	17 Roasted red pepper and tomato soup , grilled cheese
18 Chicken fried steak , mashed potatoes, asparagus	19 Italian chicken sheet pan meal	20 Asian chicken salad , fruit	21 Cheesy sausage pasta bake , broccoli	22 Waffle house hashbrown bowls , fruit	23 Cheese tortellini soup , salad	24 Quick and easy jambalaya
25 Dinner @ Church	26 Garlic shrimp stir fry	27 Tacos, black beans , corn	28 Mediterranean chicken bowls	29 Snack board dinner		