# MONTHLY MEAL PLAN

## February

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
| | 1 Slow Cooker Salsa Verde Chicken | 2 Air Fryer Chicken Parmesan | 3 Creamy Broccoli and Cheddar Soup | 4 One Pot Spinach Artichoke Gnocchi | 5 Healthy Buffalo Chicken Meatballs | 6 White Chicken Chili |
| 7 Beginner Friendly Carbonara | 8 Beef Vegetable Soup | 9 Slow Cooker Chicken Fajitas | 10 Sweet Potato Black Bean Curry | 11 Pan Fried Lamb Chops | 12 Naan Flatbread Pizza | 13 Shrimp Scampi Fettucine |
| 14 Dutch Baby Pancake with Macerated Berries and Whipped Cream | 15 Coconut Curry Dumpling Bake | 16 Creamy Cajun Chicken Pasta | 17 Tuscan Salmon | 18 Red Wine Bolognese | 19 Chicken Mozzarella Pasta | 20 Warm Chicken and Rice Salad |
| 21 5-Ingredient Chickpea Curry | 22 Spinach Lasagna Roll Ups | 23 Slow Cooker Steak and Potatoes | 24 Shrimp with Bang Bang Sauce | 25 Napa Cabbage and Crispy Tempeh Salad | 26 Skillet Lasagna | 27 Sage and Goat Cheese Fettuccine Al Limone |
| 28 Mushroom Soup (without cream) | | | | | | |