

February 2019 Dinner Meal Plan

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Week #1 January 27-February 2

Sun – [Zesty Salsa Chicken & Black Bean Casserole](#) (E)
M – [Easy Cheesy Bacon Chicken](#) with steamed broccoli (S)
T – [Lovin' TexMex Skillet](#) (E)
W – Teriyaki Beef & Broccoli with cauli rice (S) pg. 82 in [Trim Healthy Table](#)
Th – [Italian White Bean and Spinach Soup](#) (E)
F – [Low Carb Beef & Cheese Enchiladas](#) (S)
Sat – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #2 February 3-9

Sun - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
M - Spaghetti with meat sauce over [Zoodles](#) (S) ***My family will eat their's over regular pasta
T - Slow Cooker Salsa Verde Chicken with lettuce on the side (FP) pg. 160 in [Convenient Food](#)
W - Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)
Th - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)
F - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)
Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #3 February 10-16

Sun - Totally Dope Chicken over lettuce (S) pg. 104 in [Trim Healthy Table](#)
M - [Creamy Taco Soup](#) (S)
T - [Chicken Stir-fry](#) over brown rice (E) ***I'm using frozen broccoli, peas and red bell pepper for the veggies
W - Italian Meatball Casserole over [zoodles](#) (S) pg. 64 in [Convenient Food](#)
Th - [Hearty Two Bean & Lentil Chili](#) (E)
F - Chicken Bacon Rice Casserole with a side salad (S) pg. 140 in [Trim Healthy Table](#)
Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #4 February 17-23

Sun - Grilled steak, [roasted veggies](#) & a side salad (S)
M - [Lovin' TexMex Skillet](#) (E)
T - Spaghetti with meat sauce over [Zoodles](#) (S) ***My family will eat their's over regular pasta
W - [Italian White Bean & Spinach Soup](#) (E)
Th - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)
F - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #5 February 24-March 2

Sun - Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)
M - Slow Cooker Salsa Verde Chicken with lettuce on the side (FP) pg. 160 in [Convenient Food](#)
T - Bangin' Ranch Drums with broccoli and a side salad (S) pg. 162 in [THM Cookbook](#) ***I'm making a half batch of the chicken
W - [Creamy Taco Soup](#) (S)
Th - Italian Meatball Casserole over [zoodles](#) (S) pg. 64 in [Convenient Food](#).
F - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)
Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)