

february

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan. (E) (27) Zesty Salsa Chicken + Black Bean Casserole	(S) (28) Easy Cheesy Bacon Chicken w/ broccoli	(E) (29) Lovin' TexMex Skillet	(S) (30) Teriyaki Beef + Broccoli w/ caulirice pg. 82 THM	(E) (31) Italian White Bean + Spinach Soup	Feb (S) (1) Low carb Beef + cheese Enchiladas	(S) (2) Easy Pizza Casserole pg. 126 THM
(E) (3) Chicken Fried Double Rice pg. 53 THM	(S) (4) Spaghetti w/ Meat Sauce over Zoodles	(FP) (5) Slow cooker Salsa Verde Chicken pg. 160 Convenient Food	(S) (6) Trim Zuppa Toscana pg. 86 THM cookbook	(E) (7) Cowboy Grub pg. 59 THM cookbook	(S) (8) Taco Salad	(S) (9) Easy Pizza Casserole pg. 126 THM
(S) (10) Totally Dope Chicken pg. 104 THM	(S) (11) Creamy Taco Soup	(E) (12) Chicken Stir-fry over brown rice	(S) (13) Italian Meatball Casserole pg. 64 Convenient Food	(E) (14) Hearty 2 Bean + Lentil Chili	(S) (15) Chicken Bacon Rice Casserole pg. 140 THM	(S) (16) Easy Pizza Casserole pg. 126 THM
(S) (17) Grilled steak, roasted veggies + salad	(E) (18) Lovin' TexMex Skillet	(S) (19) Spaghetti w/ meat sauce over zoodles	(E) (20) Italian White Bean + Spinach Soup	(S) (21) Taco Salad	(E) (22) Chicken Fried Double Rice pg. 53 THM	(S) (23) Easy Pizza Casserole pg. 126 THM
(S) (24) Trim Zuppa Toscana Soup pg. 86 THM cookbook	(FP) (25) Slow cooker Salsa Verde Chicken pg. 160 Convenient Food	(S) (26) Bangin' Ranch Drums pg. 162 THM cookbook	(S) (27) Creamy Taco Soup	(S) (28) Italian Meatball Casserole pg. 64 Convenient Food	March (E) (1) Cowboy Grub pg. 59 THM cookbook	(S) (2) Easy Pizza Casserole pg. 126 THM