

February Printable Meal Plan

darciesdish.com

Week #1: February 2-8

S - Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)

M - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

T - [Smothered Pork Chops with Bacon and Caramelized Onions](#) over cauli rice and a side salad (S) ***I'm doubling the pork chop recipe.

W - [Quinoa, Kale & White Bean Soup](#) (E)

Th - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)

F - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe.

Sat – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #2: February 9-15

S - Burrito Bowls - (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa (E)

M - [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side (S) ***I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

T - [Italian White Bean and Spinach Soup](#) (E)

W - Spaghetti with meat sauce over cauli rice (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Th - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

F - [Creamy Taco Soup](#) (S)

Sat – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #3: February 16-22

S - [Zesty Salsa Black Bean Casserole](#) (E)

M - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)

T - [Hearty Two Bean and Lentil Chili](#) (E)

W - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)

Th - [Slow Cooker Italian Beef & Cabbage](#) (S)

F - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

Sat – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #4: February 23-29

S - [Lovin' Tex Mex Skillet](#) (E)

M - Award-Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

T - [Italian White Bean and Spinach Soup](#) (E)

W - Spaghetti with meat sauce over cauli rice (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Th - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

F - [Cheddar, Bacon and Veggie Frittata](#) (S)

Sat – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #5: March 1-7

S - [Creamy Taco Soup](#) (S)

M - Dreamy Chicken Lazone over cauli rice with green beans on the side (S) pg. 50 in [Trim Healthy Table](#)

T - Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 in [Trim Healthy Table](#)

W - [Hearty Two Bean and Lentil Chili](#) (E)

Th - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)

F - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe.

Sat – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.