

february

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(E) ② Black Pepper chicken over brown rice pg. 68 THT	(S) ③ Trim Zuppa Toscana pg. 86 THM Cookbook	(S) ④ Carmelized Onion & Bacon Smothered Pork Chops over cauli rice + side salad	(E) ⑤ Quinoa, Kale & White Bean Soup	(S) ⑥ Taco Salad	(E) ⑦ Sweet + Spicy Stir-fry over brown rice	(S) ⑧ Fathead Pizza
(E) ⑨ Burrito Bowls - Black beans, Spanish Rice Lettuce + salsa	(S) ⑩ Chicken Thighs w/ Tomato Spinach Sauce over cauliflower w/ green beans	(E) ⑪ Italian White Bean + Spinach Soup	(S) ⑫ Spaghetti w/ Meat sauce w/ salad	(E) ⑬ chicken Fried Double Rice pg. 53 THT	(S) ⑭ Creamy Taco Soup	(S) ⑮ Fathead Pizza
(E) ⑯ Zesty Salsa + Black Bean Casserole	(S) ⑰ Crock Pot Buffalo chicken in lettuce wrap w/ veggies pg. 92 THT	(E) ⑱ Hearty Two Bean + Lentil Chili	(S) ⑲ Taco Salad	(S) ⑳ Slow Cooker Italian Beef + Cabbage w/ broccoli	(S) ㉑ Trim Zuppa Toscana pg. 86 THM Cookbook	(S) ㉒ Fathead Pizza
(E) ㉓ Lovin' TexMex skillet	(S) ㉔ Award-Winning Chili Pie w/ salad pg. 142 THT	(E) ㉕ Italian White Bean + Spinach Soup	(S) ㉖ Spaghetti w/ Meat Sauce w/ salad	(E) ㉗ Chicken Fried Double Rice pg. 53 THT	(S) ㉘ Cheddar, Bacon & Veggie Frittata	(S) ㉙ Fathead Pizza
March (S) ① Creamy Taco Soup	(S) ② Dreamy Chicken Lazone over cauli rice w/ green beans pg. 50 THT	(FP) ③ Cabbage Roll in a Bowl w/ broccoli pg. 57 THT	(E) ④ Hearty Two Bean + Lentil chili	(S) ⑤ Taco Salad	(E) ⑥ Sweet + Spicy Stir-fry over brown rice	(S) ⑦ Fathead Pizza