

February 2021 Week by Week Meal Plan

darciesdish.com

Week #1: January 31 - February 6

S – Great Wall Skillet in lettuce wraps (S) pg. 134 in [Trim Healthy Future](#)

M – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)

T – [Slow Cooker Chicken and Quinoa Chili](#) (E)

W – Chicken Florentine over Zoodles with broccoli on the side (S) pg. 46 in [THM Cookbook](#)

Th – Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

F – [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.

Sat – Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Week #2: February 7-13

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

M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)

T - [White Chicken Chili](#) (E)

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

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

F – [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.

Sat - Cabbage Roll in a Bowl (FP) pg. 57 in [Trim Healthy Table](#)

Week #3: February 14-20

S - Sesame Fix over cauli rice with broccoli on the side (S) pg. 119 in [Trim Healthy Future](#)

M - [Lovin' Tex Mex Skillet](#) with lettuce on the side (E)

T - [Garlic Rosemary Tomato Soup](#) with a side salad (S)

W - [Cabbage Lasagna](#) with a side salad (S)

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

F – [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.

Sat - Shepherd's Pie Skillet (S) pg. 132 in [Trim Healthy Future](#)

Week #4: February 21-27

S - Egg Roll in a Bowl Part Deux (E) pg. 63 in [Trim Healthy Table](#)

M - [Easy Mixed Rice & Beans](#) (E)

T - [Italian Sausage & Squash Soup](#) (S)

W - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

Th - Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)

F – [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.

Sat - Lemon Peppery Chicken with [Crunchy and Tangy Bacon Coleslaw](#) and broccoli on the side (S) pg. 163 in [Trim Healthy Future](#)

Week #5: February 28 - March 6

S - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family size.

M - [Salsa Verde Chicken Soup](#) (E)

T - [Easy Cheesy Stuffed Peppers](#) with a side salad (S)

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

Th - Green Bean Chili (FP) pg. 177 in [Trim Healthy Future](#)

F - [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.

Sat - Power Skillet over cauli rice (S) pg. 66 in [Trim Healthy Table](#)