

## Week by Week Meal Plan – February 2022

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### Week #1: January 30 - February 5

S – Teriyaki Beef & Broccoli over cauliflower rice (S) pg. 82 in [Trim Healthy Table](#)

M – Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#)

T – [Slow Cooker Italian Beef & Cabbage](#) with a side salad (S)

W – [Paprika Chicken](#) over cauliflower rice with green beans on the side (S)

Th – [Quinoa, Kale & White Bean 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 – [Cheddar, Bacon and Veggie Frittata](#) with a side salad (S)

### Week #2: February 6-12

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

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

T - [Chicken and Chickpea Stew](#) (E)

W - Tuscan Cream Chicken over cauli rice with a side salad (S) pg. 72 in [Trim Healthy Table](#)

Th - [Hearty Two Bean and Lentil Chili](#) (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 - Cabb & Saus Skillet with broccoli on the side (S) pg. 58 in [THM Cookbook](#)

### Week #3: February 13-19

S - [Sweet & Spicy Stir-fry](#) over brown rice (E)

M - Burrito Bowls - black beans (I'm using 2 cans for my size family)and [Brown Spanish Rice](#) with salsa and lettuce on top (E)

T - Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)

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

### Week #4: February 20-26

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

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

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

W - [Tomato Basil Chicken](#) over cauliflower rice and green beans on the side (FP)

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

### Week #5: February 27 - March 5

S - [Chicken Stir-fry](#) (I'm using (2) bags of frozen stir-fry veggies, 2 lbs of chicken and doubling the sauce recipe) over cauliflower rice (FP)

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

T - Chicken breasts with [Barley Beans and Greens](#) on the side (E)

W - [Turkey Tomato Florentine Soup](#) (E)

Th - [Jalapeno Chicken Bacon Chowder](#) (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 - [Colorful Lentil Salad](#) with 1 lb cooked boneless skinless chicken breasts added in (E)