

February 2023 Week by Week Meal Plan

darciesdish.com

Week #1: January 29 - February 4

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 5-11

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](#)

Week #3: February 12-18

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

W – [Baked Spaghetti "Zoodle" Casserole](#) with a side salad (S)

Th – [Creamy Taco Soup](#) (S)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Beef & Veggie Skillet with broccoli on the side (S) pg. 130 in [Trim Healthy Future](#)

Week #4: February 19-25

S – Sesame Fix over cauli rice with broccoli on the side (S)**You can use almond flour in place of the Baking Blend** pg. 119 in [Trim Healthy Future](#)

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

T – [Easy E Crock Pot Chicken](#) with broccoli on the side (E)

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

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

Week #5: February 26 - March 4

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

M – Wicked White Chili (E) pg. 37 in [THM Cookbook](#)

T – Slow Cooker Buffalo Chicken in a lettuce wrap (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 – [Italian White Bean and Spinach Soup](#) (E)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Creamy Garlic Spinach Spaghetti Squash Casserole with a side salad (S) pg. 135 in [Trim Healthy Table](#)