

February Meal Planner

Sunday Large Batch	Monday Leftovers	Tuesday Mexican/Stir fry	Wednesday Veggies Most	Thursday Frugal Thursday	Friday Fish Friday	Saturday Anything Goes
						1 Spaghetti, salad
2 SUPERBOWL 3 Bean Vegan Chili (Emily Rix)	3 Leftover Chili	4 Sauteed mushrooms, spinach, cauliflower rice with black beans, side salad	5 Roasted veggies with chicken. (@PaleoGrubs) over quinoa <small>*new recipe for me*</small>	6 Stuffed sweet potatoes with black beans, spinach and lemon tahini dressing , side of sauteed veggies	7 Sheet pan salmon, roasted broccoli/cauliflower, brown rice	8 Mushroom, garlic and spinach w/ coconut milk over pasta (recipe testing)
9 Butternut Squash Soup (@CookieandKate)	10 Leftover Soup	11 Instant Pot chicken tacos with cilantro lime rice (make a double batch of rice)	12 Burrito bowl: use l/o cilantro lime rice, black beans, corn, bell peppers and guacamole	13 Vegan One Pot Spaghetti with Vegetables (@VeganHaven) <small>*new recipe for me. I'll be using mushrooms instead of eggplant*</small>	14 VALENTINES DAY Pan seared salmon with leftovers from the week <small>(if no leftovers, will serve sweet potato fries and broccoli with fish)</small>	15 Date Night (out to eat)
16 Dairy free stuffed shells (recipe testing)	17 Leftover stuffed shells	18 Quinoa tacos (recipe coming soon!) with lettuce, tomato and homemade guac	19 Detox Moccoccan-Spiced chickpea glow bowl (@pinchofyum) <small>*new recipe for me*</small>	20 Veggie burger, sweet potato fries and sauteed veggies	21 Fish, roasted red potatoes, green beans	22 Red pepper pasta with roasted cauliflower (@PinchofYum) <small>*new recipe for me*</small>
23 5 ingredient white chicken chili (Gimme Some Oven) <small>*new recipe for me*</small>	24 Leftover white chicken chili	25 Veggie fajitas	26 Roasted broccoli/cauliflower, grilled chicken, warm salad (w/kale, sauerkraut)	27 Black beans with onion, bell pepper and tomato, brown rice, homemade guacamole	28 Homemade flatbread pesto pizzas	29 Pesto Pasta with grilled chicken (recipe testing)