

# February 2017 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SC <a href="#">Easy Slow Cooker Shredded Mexican Chicken</a>	2 <a href="#">Beef and Brocoli Perfect Rice</a>	3 SC <a href="#">Slow Cooker Angel Pork Chops</a>	4 <a href="#">Crab Cakes Twice Baked Potatoes Lemon Parmesan Asparagus</a>
5 SC <a href="#">Slow Cooker Cheeseburger Soup</a>	6 <a href="#">Classic Chicken Caesar Salad</a>	7 <a href="#">Italian Beef Pizza</a>	8 SC <a href="#">Crockpot Turkey Chili</a> Crackers of choice	9 <a href="#">Crispy Parmesan Garlic Chicken with Zucchini</a> Serve over noodles of choice	10 SC <a href="#">Crockpot Seafood Stew</a>	11 <a href="#">Oven Chicken Fajitas Easy Mexican Rice</a>
12 SC <a href="#">Easy Crock Pot Meatloaf Recipe</a> Salad with <a href="#">Red Onion Dressing</a>	13 <a href="#">Ham &amp; Cheese Tortellini</a>	14 <a href="#">Salsa Verde Chicken Enchiladas</a> Salad	15 SC <a href="#">Slow Cooker Lasagna</a> Green Beans Garlic Bread	16 <a href="#">Carmelized Onion, Bacon and Spinach Pizza</a>	17 <a href="#">Dan Dan Noodles – P.F. Chang Style Easy Garlic Snap Peas</a>	18 <a href="#">Layered Salad</a> (easy make ahead meal)
19 SC <a href="#">Chicken and Corn Chowder</a>	20 <a href="#">Taco Bake</a> Salad	21 <a href="#">Zuppa Toscana Soup (Olive Garden Copycat)</a>	22 SC <a href="#">Slow Cooker Creamy Cilantro Lime Chicken</a>	23 <a href="#">Cheeseburger Salad</a> (make beef ahead)	24 SC <a href="#">Slow Cooker Pepperoni Pizza Bake</a> Salad	25 <a href="#">Honey Garlic Salmon Lemon Parmesan Asparagus</a>
26 SC <a href="#">Best Ever Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette</a>	27 <a href="#">General Tso's Chicken Perfect Rice</a>	28 <a href="#">Brussel Sprouts Salad with Bacon, Dried Cranberries, Almonds &amp; Paresman</a>			SC = Slow Cooker GF = Gluten-Free P = Paleo	GGF = Gluten & Grain free DF = Dairy Free 30 = Whole 30
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
<ul style="list-style-type: none"> <li>* <a href="#">40+ Gluten-Free Breakfasts Recipes</a></li> <li>* <a href="#">50 Slow Cooker Breakfasts</a></li> <li>* <a href="#">Sweetheart Cinnamon Rolls</a></li> <li>* <a href="#">Overnight French Toast Casserole</a></li> <li>* <a href="#">Red Velvet Donuts</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">30+ Family Movie Night Snacks</a></li> <li>* <a href="#">Clean Eating Real Food Snacks</a></li> <li>* <a href="#">Self-Serve Healthy Kid Snacks</a></li> <li>* <a href="#">175+ Snack Options</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">55+ Comforting Chili Recipes</a></li> <li>* <a href="#">150+ Gluten-Free Lunch Ideas</a></li> <li>* <a href="#">30 Quick &amp; Easy Lunches</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">35+ Homemade Hot Chocolate</a></li> <li>* <a href="#">25 Cookie &amp; Candy Recipes</a></li> <li>* <a href="#">30+ Valentine's Day Recipes</a></li> <li>* <a href="#">Sugar-Free Chocolate Recipes</a></li> </ul>