

# Feb2020

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SUN

MON

TUE

WED

THU

FRI

SAT

**01**

Smoked Salmon  
Frittata

**02**

Spilt Pea Soup-  
Instant Pot  
**(VEGAN)**

**03**

Sticky Sweet 5  
Spice Pork Ribs

**04**

Pineapple Pork  
Lettuce Wraps

**05**

Spaghetti Pie with  
Broccoli Rabe and  
Pecorino

**06**

Spicy Shrimp  
Skewers with  
Crispy Kale  
Cesar

**07**

Caramel Apple  
Breakfast Cobbler

**08**

**09**

Instant Pot  
Cheesy Garlic  
Chicken and Rice

**10**

Tangy Tomato  
Glaze Mini  
Meatloaf  
+Irish Butter

**11**

Italian Chopped  
Salad & Sundried  
Tomato Tortellini  
Soup

**12**

Black Bean  
Enchilada Stuffed  
Sweet Potatoes  
**(VEGAN)**

**13**

Artichoke Heart  
Stuffed Shells

**14**

Double Dark  
Chocolate Chip  
Cookies

**15**

**16**

One Pot-  
Caribbean Jerk  
Chicken and Rice

**17**

Chicken Mole  
Tacos

**18**

Salmon with  
Lentil and  
Quinoa

**19**

Turkey Meatloaf  
& Cauliflower  
Mashed Potatoes

**20**

Pasta with Slow  
Simmer  
Bolognese Sauce

**21**

Salted PBJ  
Blondies

**22**

**23**

Air Fryer Beef  
Empanadas

**24**

Grapefruit + Beet  
Salad  
With Lemony Lentils  
and Rice (Mujadara)

**25**

Bacon Wrapped  
Spinach- Stuffed  
Artichoke Chicken

**26**

Mussels  
Marinara with  
Angel Hair

**27**

Flank Steak, Bok  
Choy & Broccoli  
with Rice Noodle

**28**

Healthy Breakfast  
Casserole with  
Turkey and Spinach

**29**