

# February 2023

## MONTHLY MEAL PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
<b>all recipes &amp; meal plans free on <a href="https://jordosworld.com">jordosworld.com</a></b> or use recipes to make a <a href="#">free custom meal plan</a>			01 <a href="#">southwest chicken skillet</a>	02 <a href="#">pizza pasta casserole + side salad</a>	03 <a href="#">healthy chicken enchiladas</a>	04 <a href="#">creamy sausage tortellini soup</a>
05 <a href="#">chipotle lime turkey burgers &amp; sweet potato fries</a>	06 <a href="#">salmon roll sushi bowl</a>	07 <a href="#">skillet shrimp fajitas + tortilla chips</a>	08 <a href="#">chicken alfredo pasta bake + side salad</a>	09 <a href="#">turkey pasta primavera</a>	10 <a href="#">stuffed pepper skillet</a>	11 <a href="#">healthy white chicken chili</a>
12 <a href="#">general tso meatballs + rice + broccoli</a>	13 <a href="#">cheesy chicken &amp; rice bowls</a>	14 <a href="#">green chili chicken enchilada skillet</a>	15 <a href="#">cheese- burger casserole + side salad</a>	16 <a href="#">sweet potato tahini bowl</a>	17 <a href="#">cashew chicken stir fry</a>	18 <a href="#">sausage potato kale soup + toasted sourdough</a>
19 <a href="#">healthy sloppy joes &amp; kettle chips</a>	20 <a href="#">honey garlic salmon with rice &amp; broccoli</a>	21 <a href="#">30-minute teriyaki bowl</a>	22 <a href="#">buffalo chicken pasta bake + veggies</a>	23 <a href="#">ground turkey skillet with veggies</a>	24 <a href="#">easy taco skillet + tortilla chips</a>	25 <a href="#">coconut chicken curry + toasted naan</a>
26 <a href="#">sesame chicken lettuce wraps</a>	27 <a href="#">turkey lasagna</a>	28 <a href="#">healthy orange chicken bowls + rice + broccoli</a>				

