

# February 2024

## MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
<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="#">healthy zuppa toscana</a>	02 <a href="#">salsa chicken &amp; rice bowls</a>	03 <a href="#">easy pizza casserole</a>
04 <a href="#">healthy chicken enchiladas</a>	05 <a href="#">ground turkey skillet with veggies</a>	06 <a href="#">skillet lasagna</a>	07 <a href="#">mexican tater tot casserole</a>	08 <a href="#">coconut chicken curry</a>	09 <a href="#">chicken ramen stir fry</a>	10 <a href="#">cheesy chicken crescent roll casserole</a>
11 <a href="#">healthy tuscan chicken pasta</a>	12 <a href="#">ground turkey sweet potato skillet</a>	13 <a href="#">buffalo chicken pasta bake + veggies</a>	14 <a href="#">general tso meatballs + rice</a>	15 <a href="#">healthy white chicken chili</a>	16 <a href="#">turkey pasta primavera</a>	17 <a href="#">buffalo chicken casserole</a>
18 <a href="#">crockpot mexican chicken recipe</a>	19 <a href="#">stuffed pepper skillet</a>	20 <a href="#">turkey lasagna</a>	21 <a href="#">egg roll in a bowl</a>	22 <a href="#">sausage kale and white bean soup</a>	23 <a href="#">cheesy chicken &amp; rice bowls</a>	24 <a href="#">sloppy joe crescent roll casserole</a>
25 <a href="#">cheese-burger casserole + side salad</a>	26 <a href="#">30-minute teriyaki bowl</a>	27 <a href="#">chicken bacon ranch pasta salad</a>	28 <a href="#">jalapeno popper chicken casserole</a>	29 <a href="#">creamy sausage tortellini soup</a>		

