



FEBRUARY

MENU PLAN

MONDAY

Overnight Oats

Mediterranean Bean
Salad

Chicken Chili

Protein Shake (I love
Q Ultra Lean Shakes)

TUESDAY

Overnight Oats

Left Over Chili

Burger in a Bowl

Veggies & Hummus

WEDNESDAY

Overnight Oats

Easy Burrito Bowl

BBQ Chicken Stuffed
Spaghetti Squash

In-season fruits
and nuts

THURSDAY

Overnight Oats

Left over Burrito Bowl

Grilled Cheese &
Tomato Soup

Protein Shake

FRIDAY

Overnight Oats

Left Overs

Homemade Pizza

In-season fruits
and yogurt parfait

SATURDAY

Eggs & Toast+ HM
Corndog muffins+
Breakfast for Supper
+Protein Shake

SUNDAY

Protein Shake+ Out to Eat
Taco Salad + Yogurt
Parfait