

February 2022 Weekly Meal Ideas

Poultry

- Chicken Satay over Thai Fried Rice
- Lemon Almond Chicken Jar Salad with Fresh Tarragon over Romaine
- Chicken Meatballs over Zoodles in Tomato Sauce
- Chicken in Black Bean Sauce with Bell Peppers, Scallions and Cashews
- Filipino Bone In Chicken Adobe and Onions and Sesame Green Beans over White Rice
- Spanish Chicken, Black Beans, Yellow Rice, Peppers, Zucchini and Red Onion Casserole Topped with Monterey Jack
- Roast Chicken and Mashed Sweet Potato, Bacon, Corn and Rosemary
- Chicken Sausage and Pierogis with Cabbage and Onions
- Chicken and Dumpling Soup with Green Beans, Carrots and Corn
- Chicken Crust Keto Pizza with desired Toppings of choice
- Air Fried Chicken Legs or Tenders, Mashed Potatoes and Corn
- Chicken Cacciatore with Mushrooms, Peppers and Onions (I prefer bone in, but let me know if you prefer boneless)

Beef

- Swerve Brown Sugar and Bourbon Steak Bites and Asparagus, Pepper and Onion Sauté
- Baked Spaghetti Squash with Meat Sauce and Ricotta Topped with Mozzarella and Parmesan
- French Onion Burgers Topped with Gruyere and Mashed Potatoes
- Bacon and Cheddar Burgers with Roasted Lemon Garlic Potato Wedges
- Ginger and Garlic Steak, Pepper, Pea and Carrot Fried Rice
- Baked Ziti with Meat Sauce Topped with Mozzarella, Provolone and Parmesan
- Shredded Chuck Roast Enchiladas in Red Sauce with Corn, Black Bean and Pepper Salsa
- Valentine Filet Mignon with Blue Cheese Mashed Potatoes and Asparagus and Mushroom Sauté

Pork

- Pan Seared Pork Tenderloin Medallions with Peach Sauce over Cubed Butternut Squash, Tuscan Kale and Red Onion Sauté
- Kielbasa and Pierogis with Cabbage and Onions
- Pork Schnitzel with Spätzle and Pickled Cabbage
- Filipino Pulled Pork Adobe and Onions and Sesame Green Beans over White Jasmin Rice
- Zucchini Crusted Quiche Lorraine (Or Pie Crust)
- Pork Tenderloin Medallions with Mashed Sweet Potato, Bacon, Corn and Rosemary Side Dish

Lamb

- Lamb Merguez with Golden Raisin and Zucchini Cous Cous
- Keema Matar – Indian Ground Lamb or Beef and Peas
- Rosemary and Cabernet Leg of Lamb and Polenta
- Mediterranean Lamb Stew with Apricot, Butternut Squash and Potatoes
- Lamb (or Beef) Shepherd Pie with Peas, Onions and Carrots
- Greek Lamb Burgers Topped Feta with Lemon Garlic Roasted Baby Potatoes

Seafood

- Oven Roasted Fish with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Salmon Cakes with Lemon Dijon Yogurt and Spring Greens Mix and Baked Potato Fries
- Shrimp and Grits Casserole
- Pan Seared Fish with Romanesco Sauce with Garlicky Spinach
- Fish Tacos with Tropical Salsa and Cilantro Lime Rice
- Shrimp Scampi Pasta Primavera with Broccoli, Peppers, Yellow Squash and Red Onion – Let me know if you want me to bake it with Penne and top with Parmesan or you make fresh pasta the night of.
- Lemongrass Basil Fish Curry with Spinach, Zucchini and Red Bell Peppers

Vegetarian

- Roasted Beets and Goat Cheese Napoleon with Arugula in Lemon Dressing
- Roasted Beet Hummus and Crudit  Snack Plates
- Indian Dal with Spinach
- Lentil, Cubed Butternut Squash, Tuscan Kale and Red Onion Saut 
- Assorted Grilled Cauliflower Steaks, Asparagus and Peppers
- Ricotta Stuffed Portabellas in Tomato Sauce Topped with Mozzarella, Provolone and Parmesan
- Lemongrass Basil Tofu Curry with Spinach, Zucchini and Red Bell Peppers
- Black Bean Spanish Yellow Rice with Peppers, Onions and Zucchini
- Pasta Primavera with Broccoli, Peppers, Yellow Squash, and Red Onion
- Escarole and Beans
- Lentil Sloppy Joes
- Vegetable Minestrone

Breakfast Prep

- Egg Bites or Quiche with any desired sausage, bacon, veggies and/or cheese – Zucchini or pie crust

- Over Night Oats, Chia and/or Flax Seeds with 3 Fruits of Choice
- Challah Breakfast Bake with Any of your favorite Sweet or Savory ingredients

Side Salad or add a protein to make it a full meal

Seasonal Salads

- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing
- Pomegranate Seeds, Pear Slices, Blue Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Pear, Stilton Blue Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette
- Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

Always Available Salads

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing

