

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Poutine 1	Costco Chicken 2	Pasta 3
Chicken Noodle Soup 4	Tacos 5	Creamy Chicken 6	FFYS 7	Pressure Cooker Chicken Sandwiches 8	Stir Fry 9	Roast Chicken 10
Potato Soup 11	Tacos 12	Maple Bacon Chicken 13	FFYS 14	Marsala 15	Curry 16	Beef Roast 17
Lentil Soup 18	Tacos 19	Turkey Burgers 20	FFYS 21	Stir Fry 22	Homemade Pizza 23	Chicken Breasts 24
Potato Soup 25	Tacos 26	Poutine 27	FFYS 28			

FEBRUARY

2019

1 2 3 4 5 6
 7 8 9 10 11 12 13
 14 15 16 17 18 19 20
 21 22 23 24 25 26 27
 28 29 30 31

1 2 3
 4 5 6 7 8 9 10
 11 12 13 14 15 16 17
 18 19 20 21 22 23 24
 25 26 27 28 29 30 31

JANUARY 2019

MARCH 2019

NOTES:

February Meal Prep
