

February 2025 Weekly Meal Ideas

Poultry

- Chicken Satay over Thai Fried Rice with Peas and Carrots
- Green Grape, Apple and Chicken Salad with Fresh Tarragon, Romaine or butter lettuce leaves and Croissant Rolls
- Greek Chicken Meatballs with Cucumber, Tomato, Feta Salad and Pita
- Cashew Chicken with Bell Peppers and Scallions
- Chicken, Spinach and Artichoke Baked Penne
- Chicken Piccata and Lemon Pine Nut Asparagus
- Korean Gochujang Chicken Legs or Tenders and Asian Cucumber, Carrot, Radish and Pepper Salad
- Chicken Parmesan over Zoodles or Penne
- Chicken Tortilla Soup with Fresh Lime, Whole Avocado, Crema and Chips to serve with
- Indian Butter Chicken, Rice, Naan and Cucumber Yogurt Raita
- Enchiladas Suizas and Rice and Beans or Green Chicken Chili and Cornbread

Beef

- Brown Sugar and Bourbon Steak Bites and Mashed Potatoes
- Carne Asada Tacos, Salsa and Rice and Beans
- French Onion Burgers Topped with Gruyere and Mashed Potatoes
- Beef Tips with Guajillo Chili Sauce and Caramelized onions over Rice and Beans
- Pot Roast with Carrots, Potatoes and Parsnips
- Kansas City BBQ Shredded Beef and Mac and Cheese or Baked Beans
- Mushroom Swiss Burgers, Buns and Roasted Green Beans
- Philly Cheesesteak Prep – Cooked Shaved Steak, Onions, Peppers and Yellow or white Cheese Sauce and Potato Wedges and Hoagie Rolls (Also delicious low carb in a pepper half)
- Braised Short Ribs with Ancho BBQ Sauce over Mashed Butternut Squash
- Valentine Filet Mignon with Boursin Cheese Mashed Potatoes and Asparagus and Mushroom Sauté

Pork

- Pan Seared Pork Tenderloin Medallions with Peach Brandy Sauce over Butternut Squash Puree
- Bacon Wrapped Shrimp and Sautéed Potatoes, Peppers and Onions
- Pork Carnitas, Taco Wraps, Pickled Onions and Butternut Cubes, Bacon, Tomatillo and Chipotle
- Filipino Pulled Pork Adobe and Onions and Sesame Green Beans
- Zucchini Crusted Quiche Lorraine (Or Pie Crust)

- Pork Chops or Tenderloin Medallions with Sweet Potato, Bacon, Corn and Black Beans Hash
- Ham, Leek and Potato Stew
- Breaded Pork Chops and Scalloped Potatoes Topped with Cheddar Gruyere

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
- Lamb Moussaka and Jar Salad or Garlic bread

Seafood

- Oven Roasted Fish with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Shrimp and Grits Casserole
- Shrimp Pad Thai and Asian Cucumber and Radish Salad
- Pan Seared Fish with Romanesco Sauce with Garlicky Spinach
- 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.
- Tropical Fish or Shrimp Tacos with Mango, Pineapple Salsa and Creama, Lime and Cilantro Slaw
- Pan Seared Fish in Orange Butter and Green Olive Sauce and Broccoli
- Lemongrass Basil Fish Curry with Spinach, Zucchini and Red Bell Peppers

Vegetarian

- Oven Baked Mediterranean Cauliflower, Chickpeas, Red Onion Bowls over Lemon, Roasted Garlic and Parsley Yogurt
- Tomatillo Sauced Enchiladas with Spinach and Mushrooms and Rice and Beans
- Indian Dal with Cauliflower, Rice and Naan
- Lentil, Cubed Butternut Squash, Tuscan Kale and Red Onion Sauté
- Ricotta Stuffed Portabellas in Tomato Sauce Topped with Mozzarella, Provolone and Parmesan
- Lemongrass Basil Tofu Curry with Spinach, Zucchini and Red Bell Peppers, Rice and Naan
- Pasta Primavera with Marinated Mushrooms, Peppers, Yellow Squash, and Red Onion

- Escarole and Beans and Jar salad of choice
- Lentil Sloppy Joes and Sweet Potato Wedges and Buns
- Vegetable Minestrone and Jar Salad of choice

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
- 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