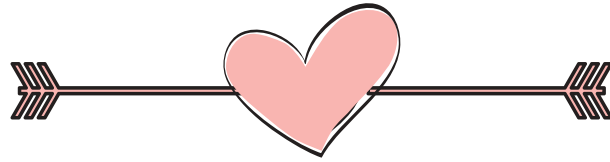


BROKE ON PURPOSE®



February Meal Plan

DATE	WHAT'S FOR DINNER	NOTES
1	CUBAN HAM AND BLACK BEAN BOWL	
2	<i>Free Day!</i>	
3	ROAST CHICKEN WITH ASPARAGUS AND CARROT MEDLEY	
4	(LEFT OVERS)	
5	SPAGHETTI WITH GROUND TURKEY AND SIDE SALAD	
6	SEARED SALMON ON GARDEN SALAD	
7	BAKED PORK CHOPS WITH BAKED SWEET POTATO	
8	(LEFT OVERS)	
9	<i>Free Day!</i>	
10	ROAST CHICKEN WITH JASMINE RICE AND SAUTEED SPINACH	
11	(LEFT OVERS)	
12	COCONUT CURRY SHRIMP	
13	SPAGHETTI WITH GROUND TURKEY AND SIDE SALAD	
14	SEARED SALMON ON GARDEN SALAD	
15	BAKED PORK CHOPS WITH SAUTEED MUSHROOMS PEPPERS & ONIONS	
16	MINI BELL PEPPER LOADED TURKEY NACHOS	
17	ROAST CHICKEN WITH ASPARAGUS AND CARROT MEDLEY	
18	(LEFT OVERS)	
19	SHRIMP TACOS	
20	CUBAN HAM AND BLACK BEAN BOWL	
21	QUIONA STUFFED PEPPERS	
22	BAKED PORK CHOPS WITH BANB BANG CAULIFLOWER	
23	CHICKEN THIGHS WITH SHALLOTS IN RED WINE VINEGAR WITH SIDE SALAD	
24	ROAST CHICKEN WITH JASMINE RICE AND SAUTEED SPINACH	
25	(LEFT OVERS)	
26	COCONUT CURRY SHRIMP	
27	EVENT	
28	EVENT	