

December Dinner Meal Plan – Week by Week

darciesdish.com

Week #1: November 25-December 1

Sunday - Whoop Whoop Soup (S) pg. 149 in [Trim Healthy Table](#)

Monday - [Lovin' TexMex Skillet](#) (E)

Tuesday - Egg Roll in a Bowl (S) pg. 62 in [THM Cookbook](#)

Wednesday - [Hearty Two Bean & Lentil Chili](#) (E)

Thursday - My husband and I are celebrating our 15th wedding anniversary so out to eat for us

Friday - Spaghetti with Meat Sauce over [Zoodles](#) with a side salad (S)

Saturday - Easy Pizza Casserole with fresh veggies on the side (S) pg. 126 in [Trim Healthy Table](#)

Week #2: December 2-8

Sunday - Crispy Baked Buffalo Chicken with broccoli and a side salad (S) pg. 236 in [Everyday Ketogenic Kitchen](#)

Monday - [Fiesta Quinoa Chicken Skillet](#) (E)

Tuesday - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

Wednesday - [Sweet & Spicy Stir-fry](#) (E)

Thursday - [Low-carb Beef & Cheese Enchiladas](#) (S)

Friday - [Creamy Taco Soup](#) (S)

Saturday - Easy Pizza Casserole with fresh veggies on the side (S) pg. 126 in [Trim Healthy Table](#)

Week #3: December 9-15

Sunday - Spaghetti with Meat Sauce over [Zoodles](#) with a side salad (S)

Monday - [Italian White Bean & Spinach Soup](#) (E)

Tuesday - Easy Taco Pie with lettuce on the side (S) pg. 218 in [Everyday Ketogenic Kitchen](#)

Wednesday - [Lovin' TexMex Skillet](#) (E)

Thursday - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Friday - [White Chicken Lasagna](#) over [Zoodles](#) (S)

Saturday - Easy Pizza Casserole with fresh veggies on the side (S) pg. 126 in [Trim Healthy Table](#)

Week #4: December 16-22

Sunday - [Zesty Salsa Chicken & Black Bean Casserole](#) (E)

Monday - [Hearty Two Bean & Lentil Chili](#) (E)

Tuesday - Spaghetti with Meat Sauce over [Zoodles](#) with a side salad (S)

Wednesday - [Sweet & Spicy Stir-fry](#) (E)

Thursday - Bacon, Spinach and Feta Frittata (S) pg. 248 in [Everyday Ketogenic Kitchen](#)

Friday - [Creamy Taco Soup](#) (S)

Saturday - Easy Pizza Casserole with fresh veggies on the side (S) pg. 126 in [Trim Healthy Table](#)

Week #5: December 23-29

Sunday - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Monday - [Grilled steak](#), [roasted vegetables](#) and a side salad (S)

Tuesday - Christmas Day! - We will have ham, mashed cauliflower, green beans and a salad (S)

Wednesday - [Lovin' TexMex Skillet](#) (E)

Thursday - Egg Roll in a Bowl (S) pg. 62 in [THM Cookbook](#)

Friday - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)

Saturday - Easy Pizza Casserole with fresh veggies on the side (S) pg. 126 in [Trim Healthy Table](#)