

January Dinner Meal Plan

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Week #1: December 30, 2018 - January 5, 2019

Sun - [Italian White Bean and Spinach Soup](#) (E)

M - Dinner @ a New Year's Eve party, I try to stick with S meals at parties

T - Easy Mixed Rice & Beans (E) pg. 121 in [Convenient Food](#)

W - Crockpot Buffalo Chicken in lettuce wraps (S) pg. 92 in [Trim Healthy Table](#)

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

F - Black Pepper Chicken (FP) pg. 68 in [Trim Healthy Table](#)

Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #2: January 6-12

Sun - Creamy Verde Chicken Chili (S) pg. 78 in [Trim Healthy Table](#)

M - Skillet Yumzetti (S) pg. 117 in [Convenient Food](#)

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

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

Th - Spaghetti with meat sauce over Zoodles (S)

F - Taco Salad - [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)

Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #3: January 13-19

Sun - [Hearty Two Bean and Lentil Chili](#) (E)

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

T - World's Laziest Lasagna Skillet (S) pg. 69 in [Trim Healthy Table](#)

W - Black Pepper Chicken (FP) pg. 68 in [Trim Healthy Table](#)

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

F - [Easy Cheesy Bacon Chicken](#) with steamed broccoli (S)

Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #4: January 20-26

Sun - Creamy Broccoli Bacon Chowder (S) pg. 138 in [Convenient Food](#)

M - [Creamy Jalapeno Popper Chicken Thighs](#) (S)

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

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

Th - Spaghetti with meat sauce over Zoodles (S)

F - Taco Salad - [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)

Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Week #5: January 27-February 2

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

M - [Easy Cheesy Bacon Chicken](#) with steamed broccoli (S)

T - [Lovin' TexMex Skillet](#) (E)

W - Teriyaki Beef & Broccoli with cauli rice (S) pg. 82 in [Trim Healthy Table](#)

Th - [Italian White Bean and Spinach Soup](#) (E)

F - [Low Carb Beef & Cheese Enchiladas](#) (S)

Sat - Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)