

March Week by Week Printable Menu

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Week #1 March 3-9

Sun - [Quinoa, Kale & White Bean Soup](#) (E)

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

T - Good Grub with a side salad (S) pg. 64 in [Trim Healthy Table](#)

W - [Jalapeno Chicken Bacon Chowder](#) (S)

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

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

Sat - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #2 March 10-16

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

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

T - Spaghetti with meat sauce over [zoodles](#) with broccoli on the side (S) ***I'm using frozen broccoli and my family will eat their's over regular noodles. This is NOT reflected on the shopping list.

W - Lentil Soup (E) pg. 89 in [Trim Healthy Mama Cookbook](#)

Th - Taco Salad - [ground beef](#) over lettuce and topped with cheddar cheese and sour cream (S)

F - [Chicken Stir-fry](#) over brown rice (E)

Sat - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #3 March 17-23

Sun - [Comforting Chicken Soup](#) (E) ***I'm using brown rice in place of the noodles.

M - Trim Mac Salad (S) pg. 181 in [Trim Healthy Mama Cookbook](#)

T - Creamy Lemon Chicken & Quinoa Soup (E) pg. 147 in [Trim Healthy Table](#)

W - Fiesta Casserole (S) pg. 72 in [Convenient Food](#) ***I'm cutting the recipe in half.

Th - Cabb & Saus Skillet (S) pg. 58 in [Trim Healthy Mama Cookbook](#)

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

Sat - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #4 March 24-30

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

M - Spaghetti with meat sauce over [zoodles](#) with broccoli on the side (S) ***I'm using frozen broccoli and my family will eat their's over regular noodles. This is NOT reflected on the shopping list.

T - Taco Salad - [ground beef](#) over lettuce and topped with cheddar cheese and sour cream (S)

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

Th - Philly Cheesesteak Skillet (S) pg. 111 in [Convenient Food](#)

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

Sat - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Week #5 March 31 - April 6

Sun - [Refried Bean](#) Burritos (bowls) with [Brown Spanish Rice](#) and lettuce on the side (E)

M - [Slow Cooker Italian Beef & Cabbage](#) (S)

T - Easy Cheesy Fiesta Chowder (S) pg. 144 [Convenient Food](#) ***I'm making 1/2 the recipe.

W - [Quick Tomato Basil Chicken](#) over brown rice (E)

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

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

Sat - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.