

# March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(E) ③ Quinoa, Kale + White Bean Soup	(E) ④ Sweet & Spicy Stir-fry	(S) ⑤ Good Grub w/ salad pg. 64 THT	(S) ⑥ Jalapeño Chicken Bacon Chowder	(S) ⑦ Low Carb Beef & Cheese Enchiladas	(E) ⑧ Chicken Fried Double Rice pg. 53 THT	(S) ⑨ Fathead Pizza
(E) ⑩ Lovin' Tex Mex Skillet	(S) ⑪ Whoop Whoop Soup pg. 149 THT	(S) ⑫ Spaghetti w/ Meat Sauce over zoodles	(E) ⑬ Lentil Soup pg. 89 THM cookbook	(S) ⑭ Taco Salad	(E) ⑮ Chicken Stir-fry over Brown Rice	(S) ⑯ Fathead Pizza
(E) ⑰ Comforting Chicken Soup	(S) ⑱ Trim Mac Salad pg. 181 THM cookbook	(E) ⑲ Creamy Lemon Chicken + Quinoa Soup pg. 147 THT	(S) ⑳ 1/2 recipe Fiesta Casserole pg. 72 Convenient Food	(S) ㉑ Cabb + Saus Skillet pg. 58 THM cookbook	(E) ㉒ Chicken Fried Double Rice pg. 53 THT	(S) ㉓ Fathead Pizza
(E) ㉔ Italian White Bean + Spinach Soup	(S) ㉕ Spaghetti w/ Meat Sauce over zoodles	(S) ㉖ Taco Salad	(E) ㉗ Hearty 2 Bean + Lentil Chili	(S) ㉘ Philly Cheesesteak Skillet pg. 111 Convenient Food	(E) ㉙ Sweet & Spicy Stir-fry	(S) ㉚ Fathead Pizza
(E) ㉛ Refried Bean Burritos w/ Brown Spanish Rice	April ① (S) Slow Cooker Italian Beef & Cabbage	(S) ② 1/2 recipe Easy Cheesy Fiesta Chowder pg. 144 Convenient Food	(E) ③ Quick Tomato Basil chicken over Brown Rice	(S) ④ Low Carb Beef & Cheese Enchiladas	(E) ⑤ Chicken Fried Double Rice pg. 53 THT	(S) ⑥ Fathead Pizza