

April Monthly Dinner Meal Plan

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Week #1: 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.

Week #2: April 7-13

S - Burger Bombs over salad with Ranch dressing (S) pg. 212 in [Trim Healthy Table](#)
M - [Lovin' TexMex Skillet](#) (E)
T - Cheeseburger Soup (S) pg. 155 in [Trim Healthy Table](#)
W - Spaghetti with meat sauce over [zoodles](#) with a side salad (S) ***My family will eat their's over regular noodles. This is NOT reflected on the shopping list.
Th - Cabb & Saus Skillet (S) pg. 58 in [THM Cookbook](#)
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 #3: April 14-20

S - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
M - [Hearty Two Bean and Lentil Chili](#) (E)
T - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)
W - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)
Th - Philly Cheesesteak Roast with broccoli on the side (S) pg. 159 in [Convenient Food](#) ***I'm using frozen broccoli for the side.
F - Asian Grilled Chicken with brown rice and broccoli on the side (E) pg. 164 in [Convenient Food](#) ***I'm using frozen broccoli for the side.
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: April 21-27

S - Happy Easter! Ham, green beans with butter, brussel sprouts cooked in butter, mashed sweet potatoes (XO)
M - Cabb & Saus Skillet (S) pg. 58 in [THM Cookbook](#)
T - [Italian White Bean & Spinach Soup](#) (E)
W - Spaghetti with meat sauce over [zoodles](#) with a side salad (S) ***My family will eat their's over regular noodles. This is NOT reflected on the shopping list.
Th - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
F - [Lovin' TexMex Skillet](#) (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: April 28 - May 4

S - Chicken Bacon Rice Casserole with a side salad (S) pg. 140 in [Trim Healthy Table](#)

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

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

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

Th - Hubby Lovin' Chicken with a side salad and broccoli (S) pg. 218 in [Trim Healthy Table](#) ***I'll be using frozen broccoli.

F - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

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.