

May Week by Week Dinner Meal Plan

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Week #1: 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.

Week #2: May 5-11

S - Garlic Butter Steak Tips with cauli rice and salad on the side (S) pg. 210 in [Everyday Ketogenic Kitchen](#)

M - [Colorful Lentil Salad](#) with added chicken breasts (E)

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

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

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

F - 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.

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: May 12-18

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

M - World's Laziest Lasagna Skillet with steamed broccoli on the side (S) pg. 69 in [Trim Healthy Table](#)

T - Creamy Chicken & Wild Rice Soup (E) pg. 100 in [THM Cookbook](#)

W - Fakertot Casserole with salad on the side (S) pg. 147 in [THM Cookbook](#)

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

F - Black Pepper Chicken over brown rice (E) pg. 68 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: May 19-25

S - Award Winning Chili Pie with salad on the side (S) pg. 142 in [Trim Healthy Table](#)

M - Southwestern Chicken Chopped Salad (S) pg. 202 in [Everyday Ketogenic Kitchen](#) ***I'm doubling this recipe for my family of 7.

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

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

Th - 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.

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: May 26 - June 1

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

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

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

W - [Colorful Lentil Salad](#) with added chicken breasts (E)

Th - Crockpot Buffalo Chicken over lettuce (S) pg. 92 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.