

## June Dinner Meal Plan

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### Week #1: June 2-8

S - Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)

M - Spaghetti over [Zoodles](#) with a side salad (S) \*\*\*My family will eat their's over regular pasta. That is NOT reflected on the shopping list.

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

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

Th - Egg Roll in a Bowl (S) pg. 62 in the [THM Cookbook](#)

F - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish 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 #2: June 9-15

S - Trim Mac Salad (S) pg. 181 in [THM Cookbook](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

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

Tue - Cabb & Saus Skillet (S) pg. 58 in the [THM Cookbook](#)

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

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

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: June 16-22

S - Beef & Veggie Kebobs with green beans and broccoli on the side (S) pg. 212 in [Everyday Ketogenic Kitchen](#) \*\*\*I will not be making the chimichurri sauce. If you would like to do that you'll need to add the ingredients to the shopping list.

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

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

W - Ranch Hand Taco Salad (S) pg. 200 in [Trim Healthy Table](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

Th - Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)

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

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: June 23-29

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

M - Crockpot Buffalo Chicken in a lettuce wrap (S) pg. 92 in [Trim Healthy Table](#)

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

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

Th - Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

F - [Fiesta Quinoa Chicken 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: June 30 - July 6**

S - Ranch Hand Taco Salad (S) pg. 200 in [Trim Healthy Table](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

M - Grilled chicken breasts over brown rice with steamed broccoli on the side (E)

Tue - Cabb & Saus Skillet (S) pg. 58 in the [THM Cookbook](#)

W - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)

Th - Trim Mac Salad (S) pg. 181 in [THM Cookbook](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

F - [Colorful Lentil Salad](#) with added chicken breasts (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.