

August Dinner Meal Plan

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Week 1: July 28 - August 3

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

M – [Cheesy Sausage Pasta Skillet](#) with a side salad (S)

Tue – [Sweet & Spicy Stir-fry](#) over brown rice (E)

W – World's Laziest Lasagna Skillet with a side salad (S) pg. 69 in [Trim Healthy Table](#)

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

F – Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and green beans on the side (S)

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: August 4-10

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

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

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

W - [Slow Cooker Coney Island Casserole](#) with fresh veggies (S) ***I'm making half of this recipe.

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

F - Ranch Hand Taco Salad (E) 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.

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: August 11-17

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

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

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

W - [Sweet & Spicy Stir-fry](#) over brown rice (E)

Th - [Slow Cooker Steak Wraps](#) on low carb tortillas with fresh veggies on the side (S) ***I'm doubling this recipe.

F - 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.

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: August 18 -24

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

M - [Barbacoa Beef](#) over lettuce and topped with cheddar cheese and sour cream (S)

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

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

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

F - Ranch Hand Taco Salad (E) 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.

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.

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Week #5: August 25-31

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

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

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

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

Th - Grilled Chicken breasts with brown rice and broccoli on the side (E) ***I'm using frozen broccoli.

F - 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.

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.