

September Dinner Meal Plan

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Week #1: September 1-7

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

M - Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and fresh veggies on the side (S)

Tue - [Hearty Two Bean and Lentil Chili](#) (E)

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

Th - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)

F - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (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: September 8-14

S - [Italian White Bean & Spinach Soup](#) (E)

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

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

W - Hearty Lentil, Chicken Sausage and Spinach Soup (E) pg. 85 in [Trim Healthy Table](#)

Th - [Creamy Taco Soup](#) (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: September 15-21

S - Whoop Whoop Soup (S) pg. 149 in [Trim Healthy Table](#)

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

Tue - Creamy Herb Chicken with steamed broccoli on the side (S) pg. 165 in [THM Cookbook](#) ***I'll be using frozen broccoli.

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

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 - 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 #4: September 22-28

S - [Creamy Taco Soup](#) (S)

M - Zesty Southwest Chop Up (S) pg. 182 in [THM Cookbook](#)

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

W - Stew of Love (S) pg. 101 in [Trim Healthy Table](#)

Th - [Hearty Two Bean and Lentil Chili](#) (E)

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 #5: September 29 - October 5

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

M - Totally Dope Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 104 in [Trim Healthy Table](#)

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

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

Th - [Italian White Bean & Spinach Soup](#) (E)

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