

**Week #1: 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.

**Week #2: October 6-12**

S - [Jalapeno Chicken Bacon Chowder](#) (S)  
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 - [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side (S)  
W - [Creamy Taco Soup](#) (S)  
Th - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)  
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 #3: October 13-19**

S - Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#)  
M - [White Chicken Lasagna](#) over [Zoodles](#) (S)  
Tue - Trim Zuppa Toscana (S) pg. 86 in [THM Cookbook](#)  
W - [Lovin' TexMex Skillet](#) (E)  
Th - Cabb & Saus Skillet (S) pg. 58 in [THM Cookbook](#)  
F - [Hearty Two Bean and Lentil Chili](#) (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: October 20-26**

S - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)  
M - [Jalapeno Chicken Bacon Chowder](#) (S)  
Tue - [Sweet & Spicy Stir-fry](#) (E)  
W - Spaghetti over [Zoodles](#) with a side salad (S) \*\*\*My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.  
Th - [Loaded Cauliflower & Chicken Casserole](#) with green beans on the side (S)  
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 #5: October 27 - November 3**

S - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)  
M - Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)  
Tue - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)  
W - [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side (S)  
Th - [Lovin' TexMex Skillet](#) (E)  
F - Insanely Simple Chicken Fiesta Soup (E) pg. 151 in [Trim Healthy Table](#)