

December Dinner Meal Plan (2019)

darciesdish.com

Week #1: December 1-7

S - [Lovin' TexMex Skillet](#) (E)
M - Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)
T - 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 - Trim Zuppa Toscana (S) pg. 86 in the [THM Cookbook](#)
F - Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 #2: December 8-14

S - [Hearty Two Bean and Lentil Chili](#) (E)
M - [White Chicken Lasagna](#) over [Zoodles](#) (S)
T - [Zesty Salsa Chicken & Black Bean Casserole](#) (E)
W - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)
Th - [Creamy Taco Soup](#) (S)
F - [Sweet & Spicy Stir-fry](#) over brown 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 #3: December 15-21

S - Burrito Bowls - [Chili Lime Black Beans](#), [Brown Spanish Rice](#), lettuce and salsa (E)
M - Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)
T - Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)
W - Spaghetti with meat sauce over cauli rice with a side salad (S)
Th - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)
F - Wicked White Chili (E) pg. 37 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 #4: December 22-28

S - [Italian White Bean and Spinach Soup](#) (E)
M - [Lovin' TexMex Skillet](#) (E)
T - Grilled steak kabobs (green pepper and onions) over cauli rice with green beans on the side (S)
W - Ham, sweet potatoes and [roasted veggies](#) (XO)
Th - Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)
F - Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 #5: December 29 - January 4, 2020

S - Wicked White Chili (E) pg. 37 in [THM Cookbook](#)
M - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)
T - [Lentil Soup for the Soul](#) (E)
W - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
Th - [Creamy Taco Soup](#) (S)
F - Spaghetti with meat sauce over cauli rice with a side salad (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.