

## January THM Dinner Meal Plan

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### Week #1: December 29, 2019 - 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.

### Week #2: January 5-11

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

M - [Carnitas](#) over lettuce with sour cream and salsa on top (S)

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

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

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

F - [Lovin' TexMex 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 #3: January 12-18

S - Creamy Tuscan Chicken with broccoli on the side (S) pg. 72 in [Trim Healthy Table](#)

M - [Italian White Bean and Spinach Soup](#) (E)

T - Spaghetti with meat sauce over cauli rice (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

W - [Paprika Chicken](#) over cauli rice with green beans on the side (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: January 19-25

S - Creamy Garlic Spinach Spaghetti Squash Bake with a side salad (S) pg. 135 in [Trim Healthy Table](#)

M - Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)

T - [Zesty Salsa Black Bean Casserole](#) (E) \*\*\*I'm omitting the chicken from the recipe and adding an additional can of black beans.

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

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

F - [Creamy Taco Soup](#) (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: January 26 - February 1

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

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

T - [Western Omelet Quiche](#) (S)

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

Th - Spaghetti with meat sauce over cauli rice (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

F - [Italian White Bean and Spinach Soup](#) (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.