

**Week #1: March 1-7**

S – [Creamy Taco Soup](#) (S)

M – Creamy Chicken Lazone over cauli rice with green beans on the side (S) pg. 50 in [Trim Healthy Table](#)

T – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 in [Trim Healthy Table](#)

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

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

F – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe.

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: March 8-14**

S - Burger Bombs over salad (S) pg. 212 in [Trim Healthy Table](#)

M - [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side (S) \*\*\*I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

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

W - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa (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 - 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 #3: March 15-21**

S - [Black-Eyed Pea “Gumbo”](#) (E)

M - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

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

W - [Instant Pot Paprika Chicken](#) with green beans on the side (S) \*\*\*I'm using two cans of green beans and the chicken can be made in a slow cooker as well.

Th - [Cheddar, Bacon and Veggie Frittata](#) with a side salad (S)

F - Chicken Fried Double Rice (E) pg. 53 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 #4: March 22-28**

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

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

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

W - [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side (S) \*\*\*I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

Th - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa (E)

F - Little Sweet Little Spicy Drumsticks with broccoli and a side salad (S) pg. 221 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: March 29 - April 4**

S - [Black-Eyed Pea “Gumbo”](#) (E)

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

T - [Instant Pot Paprika Chicken](#) with green beans on the side (S) \*\*\*I'm using two cans of green beans and the chicken can be made in a slow cooker as well.

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

Th - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

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.