

Week by Week Meal Plan April 2020

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Week #1: 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.

Week #2: April 5-11

S - Taste of Home Casserole with a side salad (S) pg. 144 in [Trim Healthy Table](#)

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

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

W - [Cabbage Roll Soup](#) (E)

Th - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I’ll be using frozen broccoli instead of fresh.

F - [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.

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: April 12-18

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

M - Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

T - Little Sweet Little Spicy Drumsticks with broccoli and a side salad (S) pg. 221 in [Trim Healthy Table](#)

W - [Lovin’ TexMex Skillet](#) with lettuce on the side (E)

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

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 #4: April 19-25

S - [Cabbage Roll Soup](#) (E)

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

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

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

Th - [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.

F - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I’ll be using frozen broccoli instead of fresh.

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: April 26 - May 2

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

M - [Lovin’ TexMex Skillet](#) with lettuce on the side (E)

T - Little Sweet Little Spicy Drumsticks with broccoli and a side salad (S) pg. 221 in [Trim Healthy Table](#)

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

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