

Week #1: 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.

Week #2: May 3-9

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

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

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

W - Chicken Bacon Rice Casserole with green beans on the side (S) pg. 140 in [Trim Healthy Table](#) ***I'm using canned green beans

Th - Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

F - [Refried Bean Burritos](#) with fresh veggies and strawberries on the side (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: May 10-16

S - Hearty Lentil, Chicken Sausage and Spinach Soup (S) pg. 85 in [Trim Healthy Table](#)

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

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

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

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

F - Save My Sanity Chili (E) pg. 81 in [Trim Healthy Table](#) ***I'm omitting the meat and adding one can extra of each type of bean.

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: May 17-23

S - Quinoa Goes Cajun (E) pg. 69 in [THM Cookbook](#)

M - [Paprika Chicken](#) over cauliflower rice and green beans on the side (S)

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

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

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

F - [Refried Bean Burritos](#) with fresh veggies and strawberries on the side (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 #5: May 24-30

S - Trim Mac Salad (S) pg. 181 in [THM Cookbook](#)

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

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

W - [Slow Cooker Chicken and Quinoa Chili](#) (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.