

June 2020 Week by Week Printable Meal Plan

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Week #1: May 31 - June 6

S – Spaghetti 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) ***I'm adding a can of corn.

T - Totally Dope Chicken over salad (S) pg. 104 in [Trim Healthy Table](#)

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

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

F - [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.

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

Week #2: June 7-13

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

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

T - Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)

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

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

F - [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.

Sat - Grilled chicken breasts over brown rice with broccoli on the side (E)

Week #3: June 14 -20

S - [Vegetable Quiche Cups](#) with a side salad (E)

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

T - [Slow Cooker Italian Beef & Cabbage](#) (S)

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

Th - Grand Greek Salad (S) pg. 183 in [THM Cookbook](#)

F - [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.

Sat - Grilled burgers with Melissa's Amish Broccoli Salad (S) pg. 271 in [Trim Healthy Table](#)

Week #4: June 21-27

S - Spaghetti 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) ***I'm adding a can of corn.

T - [Paprika Chicken](#) over cauli rice with green beans on the side (S) ***I'm using canned green beans.

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

Th - Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#)

F - [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.

Sat - [Colorful Lentil Salad](#) with grilled chicken breasts on top and green beans on the side (E) ***I'm using canned green beans.

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Week #5: June 28 - July 4

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

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

T - Egg Roll in a Bowl Part Deux over brown rice (E) pg. 63 in [Trim Healthy Table](#)

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

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

F - [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.

Sat - Grilled burgers with [Crunchy and Tangy Bacon Coleslaw](#) and fresh veggies with [French Onion Dip](#) (S)