

August 2020 Week by Week Dinner Meal Plan

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Week #1: August 2-8

S - Egg Roll in a Bowl Part Deux over brown rice (E) pg. 63 in [Trim Healthy Table](#)
M - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)
T - [Instant Pot Kielbasa and Cabbage](#) with a side salad (S)
W - World's Laziest Lasagna Skillet with salad on the side (S) pg. 69 in [Trim Healthy Table](#)
Th - [Two Bean Zucchini Salad](#) topped with grilled chicken (E)
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 Tzatziki Cucumber salad on the side (S) pg. 221 (chicken) and pg. 266 in [Trim Healthy Table](#)

Week #2: August 9-15

S - Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side (S)
T - Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)
W - [Italian White Bean and Spinach Soup](#) (E)
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 chicken on top of [Colorful Lentil Salad](#) (E)

Week #3: August 16-22

S - Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)
M - [Chicken Fajita Rice Bowl](#) (E)
T - [Slow Cooker Chicken and Quinoa Chili](#) (E)
W - 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.
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 - Grilled burgers wrapped in lettuce with broccoli and fresh veggies on the side (S)

Week #4: August 23-29

S - Cabb & Saus Skillet with green beans on the side (S) pg. 58 in [THM Cookbook](#)
M - [Zesty Salsa Chicken and Black Bean Casserole](#) (E)
T - [Carnitas](#) in a low carb tortilla shell topped with sour cream, cheese and guacamole with a salad on the side (S)
W - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)
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 Chicken with [Cauliflower Mac and Cheese](#) on the side (S)

Week #5: August 30 - September 5

S - Nacho Stuffed Peppers (S) pg. 142 in [THM Cookbook](#)
M - [Easy Mixed Rice and Beans](#) (E)
T - [Low Carb Spaghetti Squash Casserole](#) with broccoli on the side (S)
W - 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.
Th - [Taco Salad Crunch](#) (E)
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 on the side (S) pg. 271 in [Trim Healthy Table](#)