

## January 2021 Week by Week Meal Plan

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### Week #1: January 3-9

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

M - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)

T - [Curried Chicken and Brown Rice](#) with broccoli on the side (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 - [Italian White Bean and Spinach Soup](#) (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 - Cabb & Saus Skillet with green beans on the side (S) pg. 58 in [THM Cookbook](#)

### Week #2: January 10-16

S - [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe for my family size.

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

T - [Chicken and Chickpea Stew](#) (E)

W - World's Laziest Lasagna Skillet with salad (S) pg. 69 in [Trim Healthy Table](#)

Th - [Creamy Taco Soup](#) (S)

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 - Shepherd's Pie Skillet (S) pg. 132 in Trim Healthy Future

### Week #3: January 17-23

S - Teriyaki Beef & Broccoli over cauliflower rice (S) pg. 82 in [Trim Healthy Table](#)

M - [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side (E)

T - [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side (S)

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

Th - [Hearty Two Bean and Lentil Chili](#) (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 - Cancun Chicken over cauli rice (FP) pg. 117 Trim Healthy Future

### Week #4: January 24-30

S - Black Pepper Chicken over cauliflower rice (FP) pg. 68 in [Trim Healthy Table](#)

M - [Lovin' Tex Mex Skillet](#) with lettuce on the side (E)

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

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 - Flexible Fajita Soup (E) pg. 180 in Trim Healthy Future

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 - Company Casserole with green beans on the side (S) pg. 158 in Trim Healthy Future

### Week #5: January 31 - February 6

S - Great Wall Skillet in lettuce wraps (S) pg. 134 in Trim Healthy Future

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

T - [Slow Cooker Chicken and Quinoa Chili](#) (E)

W - Chicken Florentine over Zoodles with broccoli on the side (S) pg. 46 in [THM Cookbook](#)

Th - Trim Zuppa Toscana (S) pg. 86 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 - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)