

Week by Week Meal Plan – March 2021

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Week #1: February 28 - March 6

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

M – [Salsa Verde Chicken Soup](#) (E)

T – [Easy Cheesy Stuffed Peppers](#) with a side salad (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 – Green Bean Chili (FP) pg. 177 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 – Power Skillet over cauli rice (S) pg. 66 in [Trim Healthy Table](#)

Week #2: March 7-13

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

W - [Baked Spaghetti "Zoodle" Casserole](#) with a side salad (S)

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

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat - Beef & Veggie Skillet with broccoli on the side (S) pg. 130 in [Trim Healthy Future](#)

Week #3: March 14-20

S – Sesame Fix over cauli rice with broccoli on the side (S)**You can use almond flour in place of the Baking Blend** pg. 119 in [Trim Healthy Future](#)

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

T - [Easy E Crock Pot Chicken](#) with broccoli on the side (E)

W - [Slow Cooker Italian Beef & Cabbage](#) with a side salad (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 - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Week #4: March 21-27

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

M - Wicked White Chili (E) pg. 37 in [THM Cookbook](#)

T - Slow Cooker Buffalo Chicken in a lettuce wrap (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 - [Italian White Bean and Spinach Soup](#) (E)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat - Creamy Garlic Spinach Spaghetti Squash Casserole with a side salad (S) pg. 135 in [Trim Healthy Table](#)

Week #5: March 28 - April 3

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

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

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

W - Save Your Waistline Crockpot Lasagna with a side salad (S) pg. 86 in [Trim Healthy Table](#)

Th - [Jalapeno Chicken Bacon Chowder](#) (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 - Quinoa Goes Cajun (E) pg. 69 in [THM Cookbook](#)