

April 2021 Week by Week Meal Plan

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Week #1: 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](#)

Week #2: April 4-10

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

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

T - [Chicken and 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 - [Comforting Chicken Noodle Soup](#) (E)

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

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

Week #3: April 11-17

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

M - Burrito Bowls - [Chili Lime Black Beans](#) , [Brown Spanish Rice](#) and topped with lettuce and salsa (E)

T - Stew of Love (S) pg. 101 in [Trim Healthy Table](#)

W - World's Laziest Lasagna Skillet with side 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 - [Zesty Salsa Chicken and Black Bean Casserole](#) (E)

Week #4: April 18-24

S - Egg Roll in a Bowl over cauli rice (FP) pg. 62 in [THM Cookbook](#)

M - Taco Chicken Chili (E) pg. 186 in [Trim Healthy Future](#)

T - Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) and broccoli on the side (S) pg. 104 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 - Company Casserole with a side salad (S) pg. 158 in [Trim Healthy Future](#)

Week #5: April 25 - May 1

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

W - Tuscan Cream Chicken over cauli rice with a side salad (S) pg. 72 in [Trim Healthy Table](#)

Th - [Slow Cooker Chicken and Quinoa 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 - Cabbage Roll in a Bowl over cauli rice (FP) pg. 57 in [Trim Healthy Table](#)