

Week #1: June 27 - July 3

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)

Week #2: July 4-10

S - Nacho Stuffed Peppers (S) pg. 142 in [THM Cookbook](#)

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

T – [IP Kielbasa and Cabbage](#) 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 - [Taco Salad Crunch](#) (E)

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

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

Week #3: July 11-17

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

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

T - [Salsa Verde Chicken](#) over salad (FP)

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

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 - Little Sweet Little Spicy Drumsticks with broccoli and green beans (I'm using canned) on the side (S) pg. 221 in [Trim Healthy Table](#)

Week #4: July 18-24

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

M - [Lovin' Tex Mex Skillet](#) (E)

T - [Mississippi Pot Roast](#) (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 - Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

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

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

Week #5: July 25-31

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

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

T - [Chicken and Rice](#) with peas on the side (E)

W - World's Laziest Lasagna Skillet with broccoli on the side (S) pg. 69 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 chicken over brown rice with green beans (I'm using canned) on the side (E)