

## Week by Week Meal Plan January 2022

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### Week #1: January 2-8

S - [Sweet & Spicy Stir-fry](#) over cauliflower rice (FP)

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

T - World's Laziest Lasagna Skillet with a side salad (S) pg. 69 [Trim Healthy Table](#)

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

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 - [Creamy Jalapeno Popper Chicken Thighs](#) with broccoli on the side (S)

### Week #2: January 9-15

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

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

T - 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.

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

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 - [Easy Cheesy Bacon Chicken](#) with steamed broccoli (S)

### Week #3: January 16-22

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

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

T - Dreamy Chicken Lazone over cauliflower rice with green beans on the side (S) pg. 50 in [Trim Healthy Table](#)

W - [Instant Pot Kielbasa & 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 - Cabbage Roll in a Bowl with broccoli (FP) pg. 57 in [Trim Healthy Table](#)

### Week #4: January 23-29

S - [Chicken Stir-fry](#) (I'm using (2) bags of frozen stir-fry veggies) over cauliflower rice (FP)

M - [Zesty Salsa Chicken and Black Bean Casserole](#) (E)

T - 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.

W - Totally Dope Chicken over salad (S) pg. 104 in [Trim Healthy Table](#)

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](#)

### Week #5: January 30 - February 5

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

M - Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#)

T - [Slow Cooker Italian Beef & Cabbage](#) with a side salad (S)

W - [Paprika Chicken](#) over cauliflower rice with green beans on the side (S)

Th - [Quinoa, Kale & White Bean 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 - [Cheddar, Bacon and Veggie Frittata](#) with a side salad (S)