

Week by Week Meal Plan – March 2022

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Week #1: February 27 – March 5

S – [Chicken Stir-fry](#) (I'm using (2) bags of frozen stir-fry veggies, 2 lbs of chicken and doubling the sauce recipe) over cauliflower rice (FP)

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

T – Chicken breasts with [Barley Beans and Greens](#) on the side (E)

W – [Turkey Tomato Florentine Soup](#) (E)

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 – [Colorful Lentil Salad](#) with 1 lb cooked boneless skinless chicken breasts added in (E)

Week #2: March 6-12

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 #3: March 13-19

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 #4: March 20-26

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 #5: March 27 - April 2

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](#)