

## Week by Week Meal Plan – June 2022

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### Week #1: May 29 - June 4

S – Egg Roll in Bowl (S) pg. 62 in [THM Cookbook](#)

M – [Lovin' Tex Mex Skillet](#) (E)

T – [Mississippi Pot Roast](#) with [roasted veggies](#) (S) \*\*I'm using broccoli and cauliflower for the roasted veggies.

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 – Grand Greek Salad (S) pg. 183 in [THM Cookbook](#)

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

Sat – Grilled chicken with [Colorful Lentil Salad](#) with green beans on the side (E)

### Week #2: June 5-11

S – 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.

M – [Lovin' TexMex Skillet](#) with lettuce on the side (E) \*\*\*I'm adding a can of corn.

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

W – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 – Little Sweet Little Spicy Drumsticks with broccoli and a side salad (S) pg. 221 in [Trim Healthy Table](#)

### Week #3: June 12-18

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

W – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'll be using frozen broccoli instead of fresh and doubling this recipe.

Th – Smoked Sausage Salad (S) pg. 203 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 – Grilled chicken breasts over brown rice with broccoli on the side (E)

### Week #4: June 19-25

S – 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.

M – [Lovin' TexMex Skillet](#) with lettuce on the side (E) \*\*\*I'm adding a can of corn.

T – [Paprika Chicken](#) over cauli rice with green beans on the side (S) \*\*\*I'm using canned green beans.

W – Cabb & Saus Skillet with broccoli (S) pg. 58 in [THM Cookbook](#)

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

### Week #5: June 26-July 2

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)