

Week by Week Meal Plan – July 2022

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Week #1: 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)

Week #2: July 3-9

S – [Sweet & Spicy Stir-fry](#) (E)

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

T – [Chicken and Rice](#) with broccoli on the side (E)

W – Chicken Florentine over cauli rice (S) pg. 46 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 – [Marinated Steak](#) with [“Mashed Potatoes”](#) and green beans (S) ***I’m using canned green beans.

Week #3: July 10-16

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

M – [Lovin’ Tex Mex Skillet](#) (E)

T – Crockpot Buffalo Chicken over salad (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 – [Easy Gluten Free Black Bean Chicken Salad](#) (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 – Grilled chicken breasts over brown rice with broccoli on the side (E)

Week #4: July 17-23

S – Cabbage Roll in a Bowl with green beans on the side (FP) pg. 57 in [Trim Healthy Table](#)

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

T – [Mississippi Pot Roast](#) with broccoli and salad on the side (S)

W – World’s Laziest Lasagna Skillet with salad on the side (S) pg. 69 in [Trim Healthy Table](#)

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 on top of [Colorful Lentil Salad](#) (E)

Week #5: July 24-30

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

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

T – Sweet Lime Joe’s over brown rice (E) pg. 93 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 – 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 – [Teriyaki Kebabs](#) on top of cauliflower rice (S)