

August 2022 THM Dinner Meal Plan

darciesdish.com

Week #1: July 31 - August 6

S – Egg Roll in a Bowl Part Deux over brown rice (E) pg. 63 in [Trim Healthy Table](#)

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

T – [Instant Pot Kielbasa and Cabbage](#) with a side salad (S)

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

Th – [Two Bean Zucchini Salad](#) topped with grilled chicken (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 – Little Sweet Little Spicy Drumsticks with Tzatziki Cucumber salad on the side (S) pg. 221 (chicken) and pg. 266 in [Trim Healthy Table](#)

Week #2: August 7-13

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

W – [Italian White Bean and Spinach Soup](#) (E)

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

Week #3: August 14-20

S – Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)

M – [Chicken Fajita Rice Bowl](#) (E)

T – [Slow Cooker Chicken and Quinoa Chili](#) (E)

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 – Grilled burgers wrapped in lettuce with broccoli and fresh veggies on the side (S)

Week #4: August 21-27

S – Cabb & Saus Skillet with green beans on the side (S) pg. 58 in [THM Cookbook](#)

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

T – [Carnitas](#) in a low carb tortilla shell topped with sour cream, cheese and guacamole with a salad on the side (S)

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

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 with [Cauliflower Mac and Cheese](#) on the side (S)

Week #5: August 28 - September 3

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

M – [Easy Mixed Rice and Beans](#) (E)

T – [Low Carb Spaghetti Squash Casserole](#) with broccoli on the side (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 – [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 Melissa’s Amish Broccoli Salad on the side (S) pg. 271 in [Trim Healthy Table](#)