

Week by Week Meal Plan – September 2022

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Week #1: 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 – [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 – Grilled burgers with Melissa's Amish Broccoli Salad on the side (S) pg. 271 in [Trim Healthy Table](#)

Week #2: September 4-10

S – Trim Mac Salad (S) pg. 181 in [THM Cookbook](#)

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

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 – [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 – [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family of 7

Week #3: September 11-17

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

M – [Chicken Fajita Rice Bowl](#) (E)

T – [Italian Sausage & Squash Soup](#) (S)

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

Th – Trim Zuppa Toscana Soup (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 – Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

Week #4: September 18-24

S – [Taco Salad Crunch](#) (E)

M – [Lovin' Tex Mex Skillet](#) (E)

T – Totally Dope Chicken with salad (S) pg. 104 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 – [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 – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 in [Trim Healthy Table](#)

Week #5: September 25 – October 1

S – Grilled chicken on top of [Colorful Lentil Salad](#) (E)

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

T – [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side (S)

W – [Chicken Cacciatore](#) over cauliflower rice with salad (FP)

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