

Week by Week Meal Plan – December 2022

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Week #1: November 27 - December 3

S – Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)
M – [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)
T – Wicked White Chili (E) pg. 37 in [THM Cookbook](#)
W – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)
Th – Trim Zuppa Toscana Soup (S) pg. 86 in [THM Cookbook](#)
F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)
Sat – Egg Roll in a Bowl Part Deux (FP) pg. 63 in [Trim Healthy Table](#)

Week #2: December 4-10

S – [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family size.
M – Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) (E)
T – [Chicken and Chickpea Stew](#) (E)
W – World's Laziest Lasagna Skillet with salad (S) pg. 69 in [Trim Healthy Table](#)
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 – Shepherd's Pie Skillet (S) pg. 132 in [Trim Healthy Future](#)

Week #3: December 11-17

S – Teriyaki Beef & Broccoli over cauliflower rice (S) pg. 82 in [Trim Healthy Table](#)
M – [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side (E)
T – [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side (S)
W – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (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 – Cancun Chicken over cauli rice (FP) pg. 117 [Trim Healthy Future](#)

Week #4: December 18-24

S – Black Pepper Chicken over cauliflower rice (FP) pg. 68 in [Trim Healthy Table](#)
M – [Lovin' Tex Mex Skillet](#) with lettuce on the side (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 – Flexible Fajita Soup (E) pg. 180 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 – Company Casserole with green beans on the side (S) pg. 158 in [Trim Healthy Future](#)

Week #5: December 25-31

S – Ham, mashed potatoes and green beans (XO)
M – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)
T – [Slow Cooker Chicken and Quinoa Chili](#) (E)
W – Chicken Florentine over Zoodles with broccoli on the side (S) pg. 46 in [THM Cookbook](#)
Th – Trim Zuppa Toscana (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 – Cowboy Grub (E) pg. 59 in [THM Cookbook](#)