

January 2023 Week by Week Meal Plan

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Week #1: January 1-7

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 – [White Chicken 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 – [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 – Cabbage Roll in a Bowl (FP) pg. 57 in [Trim Healthy Table](#)

Week #2: January 8-14

S – Sesame Fix over cauli rice with broccoli on the side (S)**You can use almond flour in place of the Baking Blend** pg. 119 in [Trim Healthy Future](#)

M – [Lovin' Tex Mex Skillet](#) with lettuce on the side (E)

T – [Garlic Rosemary Tomato Soup](#) with a side salad (S)

W – [Cabbage Lasagna](#) with a side salad (S)

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 – Shepherd's Pie Skillet (S) pg. 132 in [Trim Healthy Future](#)

Week #3: January 15-21

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

M – [Easy Mixed Rice & Beans](#) (E)

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

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

Th – Pizzeria Tomato Soup (S) pg. 150 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 – Lemon Peppery Chicken with [Crunchy and Tangy Bacon Coleslaw](#) and broccoli on the side (S) pg. 163 in [Trim Healthy Future](#)

Week #4: January 22-28

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

M – [Salsa Verde Chicken Soup](#) (E)

T – [Easy Cheesy Stuffed Peppers](#) with a side salad (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 – Green Bean Chili (FP) pg. 177 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 – Power Skillet over cauli rice (S) pg. 66 in [Trim Healthy Table](#)

Week #5: January 29 - February 4

S – Great Wall Skillet in lettuce wraps (S) pg. 134 in [Trim Healthy Future](#)

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](#)