

Trim Healthy Mama Dinner Meal Plan – July 2023

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Week #1: July 2-8

S – Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

M – Grilled chicken breasts over brown rice with steamed broccoli on the side (E)

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

W – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)

Th – Trim Mac Salad (S) pg. 181 in [THM Cookbook](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

F – [Colorful Lentil Salad](#) with added chicken breasts (E)

Sat – [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.

Week #2: July 9-15

S – [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side (S)

M – Spaghetti over [Zoodles](#) with a side salad (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

Tue – Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

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

Th – [Sweet & Spicy Stir-fry](#) over brown rice (E)

F – [Cheesy Sausage Pasta Skillet](#) with a side salad (S)

Sat – [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.

Week #3: July 16-22

S – Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and green beans on the side (S)

M – [Colorful Lentil Salad](#) with added chicken breasts (E)

Tue – Crockpot Buffalo Chicken in a lettuce wrap (S) pg. 92 in [Trim Healthy Table](#)

W – Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

Th – [Slow Cooker Italian Beef and Cabbage](#) with green beans on the side (S)

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

Sat – [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.

Week #4: July 23-29

S – [Mexican Cauliflower Rice Skillet](#) (S)

M – Black Pepper Chicken over brown rice (E) pg. 68 in [Trim Healthy Table](#)

Tue – Spaghetti over [Zoodles](#) with a side salad (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

W – Trim Mac Salad (S) pg. 181 in [THM Cookbook](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

Th – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)

F – [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side (S)

Sat – [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.

Week #5: July 30 – August 5

S – Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

M – [Cheesy Sausage Pasta Skillet](#) with a side salad (S)

Tue – [Sweet & Spicy Stir-fry](#) over brown rice (E)

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

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

F – Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and green beans on the side (S)

Sat – [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.