

## Trim Healthy Mama Dinner Meal Plan – June 2023

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### Week #1: May 28 - June 3

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.

### Week #2: June 4-10

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 #3: June 11-17

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: June 18-24

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: June 25 - July 1

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](#)