

## September 2023 THM Dinner Meal Plan

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### Week #1: August 27 - September 2

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

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

Tue – [Hearty Two Bean and Lentil Chili](#) (E)

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

Th – Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 92 in [Trim Healthy Table](#)

F – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (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: September 3-9

S – [Italian White Bean & Spinach Soup](#) (E)

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

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

W – Hearty Lentil, Chicken Sausage and Spinach Soup (E) pg. 85 in [Trim Healthy Table](#)

Th – [Creamy Taco Soup](#) (S)

F – [Sweet & Spicy Stir-fry](#) (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 #3: September 10-16

S – Whoop Whoop Soup (S) pg. 149 in [Trim Healthy Table](#)

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

Tue – Creamy Herb Chicken with steamed broccoli on the side (S) pg. 165 in [THM Cookbook](#) \*\*\*I'll be using frozen broccoli.

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

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

F – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (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 #4: September 17-23

S – [Creamy Taco Soup](#) (S)

M – Zesty Southwest Chop Up (S) pg. 182 in [THM Cookbook](#)

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

W – Stew of Love (S) pg. 101 in [Trim Healthy Table](#)

Th – [Hearty Two Bean and Lentil Chili](#) (E)

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

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: September 24-30

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

M – Totally Dope Chicken in a lettuce wrap with fresh veggies on the side (S) pg. 104 in [Trim Healthy Table](#)

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

W – [Sweet & Spicy Stir-fry](#) (E)

Th – [Italian White Bean & Spinach Soup](#) (E)

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