

## THM Dinner Meal Plan – December 2023

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### Week #1: December 3-9

S – [Lovin' TexMex Skillet](#) (E)

M – Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

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

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

Th – Trim Zuppa Toscana (S) pg. 86 in the [THM Cookbook](#)

F – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 #2: December 10-16

S – [Lovin' TexMex Skillet](#) (E)

M – Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

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

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

Th – Trim Zuppa Toscana (S) pg. 86 in the [THM Cookbook](#)

F – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 #3: December 17-23

S – Burrito Bowls – [Chili Lime Black Beans](#), [Brown Spanish Rice](#), lettuce and salsa (E)

M – Pizzeria Tomato Soup (S) pg. 150 in [Trim Healthy Table](#)

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

W – Spaghetti with meat sauce over cauli rice with a side salad (S)

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

F – Wicked White Chili (E) pg. 37 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 #4: December 24-30

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

M – Ham, sweet potatoes and [roasted veggies](#) (XO)

T – Grilled steak kabobs (green pepper and onions) over cauli rice with green beans on the side (S)

W – [Lovin' TexMex Skillet](#) (E)

Th – Award Winning Chili Pie with a side salad (S) pg. 142 in [Trim Healthy Table](#)

F – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 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 #5: December 31 - January 6

S – Wicked White Chili (E) pg. 37 in [THM Cookbook](#)

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

T – [Lentil Soup for the Soul](#) (E)

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

Th – [Creamy Taco Soup](#) (S)

F – Spaghetti with meat sauce over cauli rice 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.