

Week #1: 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.

Week #2: January 7-13

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

M – [Carnitas](#) over lettuce with sour cream and salsa on top (S)

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

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

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

F – [Lovin' TexMex Skillet](#) (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: January 14-20

S – Creamy Tuscan Chicken with broccoli on the side (S) pg. 72 in [Trim Healthy Table](#)

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

T – Spaghetti with meat sauce over cauli rice (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

W – [Paprika Chicken](#) over cauli rice with green beans on the side (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: January 21-27

S – Creamy Garlic Spinach Spaghetti Squash Bake with a side salad (S) pg. 135 in [Trim Healthy Table](#)

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

T – [Zesty Salsa Black Bean Casserole](#) (E) ***I'm omitting the chicken from the recipe and adding an additional can of black beans.

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

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

F – [Creamy Taco Soup](#) (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: January 28 – February 3

S – Egg Roll in a Bowl (S) pg. 62 in [THM Cookbook](#)

M – [Lovin' TexMex Skillet](#) (E)

T – [Western Omelet Quiche](#) (S)

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

Th – Spaghetti with meat sauce over cauli rice (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

F – [Italian White Bean and Spinach Soup](#) (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.