

**Week #1: February 4-10**

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

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

T – [Smothered Pork Chops with Bacon and Caramelized Onions](#) over cauli rice and a side salad (S) \*\*\*I'm doubling the pork chop recipe.

W – [Quinoa, Kale & White Bean Soup](#) (E)

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

F – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe.

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: February 11-17**

S – Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa (E)

M – [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side (S) \*\*\*I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

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

W – 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.

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 #3: February 18-24**

S – [Zesty Salsa Black Bean Casserole](#) (E)

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

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

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

Th – [Slow Cooker Italian Beef & Cabbage](#) (S)

F – Trim Zuppa Toscana (S) pg. 86 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: February 25 - March 2**

S – [Lovin' Tex Mex Skillet](#) (E)

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

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

W – 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.

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

F – [Cheddar, Bacon and Veggie Frittata](#) (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: March 3-9**

S – [Creamy Taco Soup](#) (S)

M – Dreamy Chicken Lazone over cauli rice with green beans on the side (S) pg. 50 in [Trim Healthy Table](#)

T – Cabbage Roll in a Bowl with broccoli on the side (FP) pg. 57 in [Trim Healthy Table](#)

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

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

F – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'm doubling this recipe.

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.