

### Week #1: April 28 - May 4

S – Spaghetti with 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.

M – [Lovin' TexMex Skillet](#) with lettuce on the side (E)

T – Little Sweet Little Spicy Drumsticks with broccoli and a side salad (S) pg. 221 in [Trim Healthy Table](#)

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

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

F – Chicken Fried Double Rice (E) pg. 53 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: May 5-11

S – Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

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

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

W – Chicken Bacon Rice Casserole with green beans on the side (S) pg. 140 in [Trim Healthy Table](#) \*\*\*I'm using canned green beans

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

F – [Refried Bean Burritos](#) with fresh veggies and strawberries on the side (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: May 12-18

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

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

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

W – [Sweet & Spicy Stir-fry](#) over brown rice (E) \*\*\*I'll be using frozen broccoli instead of fresh.

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

F – Save My Sanity Chili (E) pg. 81 in [Trim Healthy Table](#) \*\*\*I'm omitting the meat and adding one can extra of each type of bean.

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: May 19-25

S – Quinoa Goes Cajun (E) pg. 69 in [THM Cookbook](#)

M – [Paprika Chicken](#) over cauliflower rice and green beans on the side (S)

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

W – [Cheddar, Bacon and Veggie Frittata](#) with a side salad (S)

Th – Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

F – [Refried Bean Burritos](#) with fresh veggies and strawberries on the side (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 #5: May 26 - June 1

S – Trim Mac Salad (S) pg. 181 in [THM Cookbook](#)

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

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

W – [Slow Cooker Chicken and Quinoa Chili](#) (E)

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

F – Chicken Fried Double Rice (E) pg. 53 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.