

Week by Week Meal Plan: April 2022

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Week #1: March 27 – April 2

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

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

T – Slow Cooker Buffalo Chicken in a lettuce wrap (S) pg. 92 in [Trim Healthy Table](#)

W – Spaghetti 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.

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

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

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

Week #2: April 3-9

S – Great Wall Skillet in lettuce wraps (S) pg. 134 in [Trim Healthy Future](#)

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

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

W – Save Your Waistline Crockpot Lasagna with a side salad (S) pg. 86 in [Trim Healthy Table](#)

Th – [Jalapeno Chicken Bacon Chowder](#) (S)

F – [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.

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

Week #3: April 10-16

S – [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family size.

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

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

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

Th – [Creamy Taco Soup](#) (S)

F – [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.

Sat – [Zesty Salsa Chicken and Black Bean Casserole](#) (E)

Week #4: April 17-23

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

M – [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)

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

W – Tuscan Cream Chicken over cauli rice with a side salad (S) pg. 72 in [Trim Healthy Table](#)

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

F – [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.

Sat – Cabbage Roll in a Bowl over cauli rice (FP) pg. 57 in [Trim Healthy Table](#)

Week #5: April 24-30

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

M – Taco Chicken Chili (E) pg. 186 in [Trim Healthy Future](#)

T – Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) and broccoli on the side (S) pg. 104 in [Trim Healthy Table](#)

W – Spaghetti 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.

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

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Company Casserole with a side salad (S) pg. 158 in [Trim Healthy Future](#)