

# WorkingatHomeschool

## April Menu Week 5

*gluten-free; dairy-free; THM-compliant*

Sunday	<a href="#">Creamy Crockpot Chicken and Tomato Soup (S)</a> – this recipe calls for 8 frozen chicken breasts, but when I made it that way, it made WAY too much for us (family of 7). So I reduced it to 4 big frozen chicken breasts, and that was perfect. If you want a big meal, or have big eaters, you could go ahead and add the extra chicken to the shopping list and try it the way the recipe recommends.
Monday	Baked Bone-in Chicken Thighs w/ Salad and Frozen Veggies (S) - I use a method <a href="#">similar to this one</a> to bake the chicken thighs and I cook the frozen veggies according to package directions.
Tuesday	<a href="#">Crockpot Thai Green Curry (S)</a> (you can make cauliflower rice for a side dish if desired)
Wednesday	<a href="#">Slow Cooker Texas Chili (S)</a> – The printable monthly calendar originally had a different recipe, but the author of that recipe took down their website, so this is an excellent substitute! Sorry for the inconvenience!
Thursday	<a href="#">Big Dinner Salad Bar (S)</a> - Time to get all of the extra veggies and put them to work!
Friday	<a href="#">Mexican Chicken Lime Soup (S)</a>
Saturday	<a href="#">Crockpot Green Chile (S)</a> (I subbed chicken for pork)

*All of the dinners this week are “S” dinners (if you’re a Trim Healthy Mama, you know what that means!) so I made an extra effort to have “E” snacks when I could.*

Breakfasts - [Breakfast Hash \(E\)](#) (for THM, use sweet potatoes), bacon and eggs (S), hardboiled eggs with prosciutto or pancetta (S), baked sweet potatoes with scrambled egg whites (E), omelets (S), scrambled egg whites and veggies sautéed in 1 tsp coconut oil (FP), avocado egg cups (S) - one half is a THM S.

Lunches - leftovers, salad with grilled chicken, veggies, bacon, and ½ avocado and olive oil and vinegar dressing (S), [Southwest Chicken Salad \(S\)](#), [turkey avocado wraps \(S\)](#) (I only used about ¼ of the carrots in this recipe) with boiled eggs, [Taco Salad in a Jar \(S\)](#), [Healing Chicken Soup \(S\)](#), possibly FP if your ingredients are low-fat), [Roast Beef Roll-ups with fruit \(S\)](#),

Snacks - Sliced veggies, boiled eggs, nuts and seeds, fruit (pair with a protein source, like lean leftover chicken for THM)



•	Fish sauce (Tuesday)
•	Thai green curry paste (Tuesday)
•	Coconut aminos (optional, Tuesday, but I recommend getting it)
•	1 large can diced or chopped tomatoes (Wednesday)
•	Worcestershire sauce (Wednesday)
•	Chili powder (Wednesday)
•	Paprika (Wednesday)
•	2 cans mild Ro-tel (Saturday)
•	1 4 oz. can diced green Anaheim chiles