

MayMenu

Recipe Links and Instructions for Week 1

Dinners

Sunday	Chicken w/ Roasted Veggies w/ side salad (S) (double chicken in recipe, sub pinch of stevia for sugar)
Monday	Taco Salad Crunch (E)
Tuesday	Slow Cooker Shredded Beef (S) (skip tortillas)
Wednesday	Slim Sloppy Joes (S) THM Cookbook p. 63; coleslaw p. 231
Thursday	Baked Salmon w/ Asparagus (S) (I make baked potatoes on the side for my non-THM kids)
Friday	Crockpot White Bean Chili (E)
Saturday	Mexican Zucchini with Beef (S)

- Breakfasts - THM Granola (E) (THM Cookbook p. 255), Turkey Sausage w/ Scrambled Eggs (S), Protein Shake (S)**, Boiled Eggs & Berries (S), Scrambled eggs & bacon (S)
[Baked Blueberry Oatmeal \(E\)](#)
- Lunches - Baked sweet potatoes w/ lean meat (I use deli meat or leftover chicken breast (E), turkey hot dogs, fruit, and sliced veggies (S), big salad with leftover meat (S), baked chicken with rice (E), baked chicken breast w/ beans and salsa (E)
[Asian Chicken Salad \(S, E, or FP\)](#)
- Snacks - sliced cucumbers, carrots, and bell peppers, nuts, fruit, boiled eggs, deli meat

** For a protein shake, choose your favorite plan-approved recipe. I like DashingDish.com, but there are great recipes in the THM Cookbook, as well. Please make sure to add needed ingredients to the shopping list.
[The menu and shopping lists for May are available on workingathomeschool.com](#)