

May Menu

Recipe Links and Instructions for Week 4

Dinners

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| Sunday | Cowboy Grub (E) (frozen from week 1) |
| Monday | <u>Italian Sub Salad (Doubled)</u> |
| Tuesday | Tacos (S) Stack in a bowl with desired S toppings |
| Wednesday | Cashew Chicken (S) THM Cookbook p. 65 |
| Thursday | Baked white fish w/ salad & green beans (S) (doubled) I season with salt, pepper, and lemon and bake at 425 for 20 minutes or until flaky. |
| Friday | <u>Italian Chicken Soup (E) w/ side salad (light vinaigrette an E meal)</u> |
| Saturday | <u>Skillet Chicken Fajitas (S) (doubled)</u> |

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](http://workingathomeschool.com)