

June Menu

Recipe Links and Instructions for Week 4

Dinners

Sunday	<u>Sweet Potato Skillet (E) (double recipe, reduce oil to 1 T and use part-skim cheese)</u>
Monday	<u>Taco Stack-Ups (#21 on recipe list)</u>
Tuesday	<u>Sweet and Spicy Stir-Fry (S)</u>
Wednesday	<u>Enchilada Casserole (E) - I subbed Baking Blend for brown rice flour</u>
Thursday	<u>Taco Soup (S) w/ side salad</u>
Friday	Sausage & Veggies (S) (cook any on-plan sausage w/ veggies or salad)
Saturday	Burrito Bowls (E) (layer cooked rice, beans, chicken breasts, and salsa in a bowl)

NOTE: This week has lots of Mexican flavors; feel free to rearrange the meals to fit your tastes.

Breakfasts - eggs & bacon (S), Granola (E) - THM Cookbook p.255, eggs & cheese (S)

[Peanut Butter Blizzard \(S\)](#)

[Peanut Butter Cookie Oatmeal \(E\)](#)

[Crockpot Breakfast Casserole \(S\)](#)

[Breakfast Cookies \(E\) \(I serve with fruit\)](#)

Lunches - leftovers, tomato soup (S), salad w/ boiled eggs (S), Bean Boss Soup (E) - THM Cookbook p. 109, turkey dogs & veggies (S), brown rice w/ chicken breast (E), leftover meat w/ sliced cheese and veggies

Snacks - boiled eggs, nuts, cheese, leftovers, fruit w/ cottage cheese, protein shake s*

(protein shake ingredients are not included on the shopping list. Please add ingredients for your favorite shake)

[The menu and shopping lists for May are available on \[workingathomeschool.com\]\(http://workingathomeschool.com\)](#)