

July Menu

Recipe Links and Instructions for Week 3

Dinners

Sunday	Lemon Butter Chicken w/ green beans (S) (Boil fresh green beans for about 5 min or until tender; drain, season, and serve)
Monday	Mediterranean Chicken Bake (S)
Tuesday	Steak Fajitas (S) (omit tortillas or use Wonder Wraps or low-carb tortillas (not gluten-free); omit sugar)
Wednesday	Crockpot Tomato Basil Chicken (S) (double the recipe to serve 6-8; omit noodles or make a side of veggie noodles or Dreamfields to serve with main dish)
Thursday	Turkey Taco Lettuce Wraps (S) (double recipe to serve 6-8)
Friday	Low-Carb Meatballs (your favorite recipe) or ground beef or turkey in marinara w/ spaghetti squash or zucchini noodles (S)
Saturday	Cheeseburgers (no bun) w/ side of frozen veggies and low-carb coleslaw (S)

Breakfasts - turkey sausage and eggs (S), Stovetop Crunch Granola THM cookbook p. 254 (E), [Paleo Egg Cups \(S\)](#),
[Baked Oatmeal](#), Greek yogurt with stevia and berries (FP), scrambled eggs (S), protein shake (S)

Lunches - leftovers, brown rice with baked chicken breasts (E), big salad w/ protein (S), meat roll-ups (deli meat and cheese) and veggies (S),
Perfect Pizza THM Cookbook p. 211 (S), baked sweet potatoes (E)
quinoa (I usually add salt, pepper, 1 tsp of butter per serving, and whatever lean meat I have in the fridge) (E)

Snacks - boiled eggs (S), deli meat (FP, depending on fat content), protein shakes (S, E, or FP), apples w/ 1 tsp peanut butter (E)

** 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.
[The menu and shopping lists for July are available on workingathomeschool.com](#)