

July Menu

Recipe Links and Instructions for Week 4

Dinners

Sunday	Julia Child's Chicken & Mushrooms (S) (sub broth for wine, double the recipe)**see note below**
Monday	Black Bean Chicken Salad (E)
Tuesday	Tacos (S) - your favorite recipe; I just brown ground beef with taco seasoning & stack with favorite S toppings
Wednesday	Café Rio Crockpot Chicken over salad (S with dressing) or over rice and beans (E)
Thursday	Chicken & Avocado Caesar Salad (S) (double recipe to serve 6-8; omit bread/croutons)
Friday	Alfredo Cassrole (S) w/ favorite steamed frozen veggies
Saturday	Mediterranean-Topped Grilled Chicken (S) (double recipe to serve 6-8); w/ side salad

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

**We LOVED this recipe, and made it with chicken thighs. You can use either the author's edits or follow directions at the link for Julia Child's original recipe - either way it's a THM "S".