

July Menu

Recipe Links and Instructions for Week 5/6

Dinners

Sunday	Italian Drip Beef w/ side salad (S) - (option 1 at the link - I serve this without bread, but you could make THM Swiss Bread if you want)
Monday	Sausage and Peppers w/ Frozen Veggies (S) (you'll want to save one sausage for Wednesday)
Tuesday	Cilantro Lime Chicken w/ Avocado Salsa and side salad (S) (double the chicken & marinade in this recipe to feed 6-8)
Wednesday	Easy Crockpot Gumbo (S, omit the rice or serve it to the kids)
Thursday	Mexican Grilled Chicken Cobb (S or E) doubled - omit tortillas for GF or use low-carb tortillas for S option if not GF for S - omit beans and corn; for E - serve egg whites instead of whole eggs, omit cheese and avocado
Friday	Spaghetti Squash Carbonera w/ side salad (S) (I made 2 large squash to serve 8, and we had leftovers)
Saturday	Taco Lime Grilled Chicken w/ rice and black beans (E)
Sunday	Artichoke and Spinach Roasted Salmon w/ green beans (S) (double this recipe to feed 6-8)

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](#)

**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".