

August Menu

Dinners

1	Whole Roasted Chicken (E) w/ brown rice (I omit the butter, and use white meat only for E)
2	Pizza Casserole (S) - (THM original book p. 327) - double and freeze 2nd portion uncooked
3	Cobb Salad w/ Ken's salad dressing (S) (I use romaine lettuce & serve rice on the side for the kids) (I make a much bigger salad to serve 7)
4	Chicken Wings (THM original book p.324) w/ salad (S) (double and freeze 2nd portion uncooked)
5	Ham and Bean soup w/ low-fat ham (E)
6	Carne Asada Steak (season steak with cumin, salt, pepper, & chili powder & grill; served w/ sour cream, cheese, and avocado (S)
7	All Day Lentil Soup (E) (THM cookbook p. 89)
8	Spaghetti with Pioneer Woman's Alfredo Sauce (S) (serve w/ spaghetti squash for me, Dreamfields for kids)
9	Chipotle Meatballs w/ Guacamole (S) (double and freeze 2nd portion uncooked)
10	Chicken Fajitas (S) (I triple this recipe) w/ sour cream, cheese, avocado - no tortillas
11	Big Mac Salad (S) (I triple this recipe)
12	Pollo Verde (S with cheese, E if you omit cheese and add rice and beans)
13	Café Rio Crockpot Chicken (FP, S with cheese and sour cream, E with rice and beans)
14	Broccoli, Chicken, and Quinoa Bake (E, omit breadcrumbs & use 4 light laughing cow instead of cheese, double and freeze 2nd portion) (note: I was just told that there's a really weird picture on this website! You may want to just scroll down to the recipe.)
15	Mexican Baked Eggs (S) (use extra eggs to serve 6-8; I go easy on the beans in my portion to keep it an S)
16	1-2 Whole Roasted Chickens w/ THM Cheesy Rolls (THM original book p. 271) and frozen green beans (S)
17	Leftover chicken from yesterday w/ salad (S)
18	Crockpot Beans and Rice (E)
19	Lazy Lasagna w/ Salad (S) (THM cookbook p. 140)
20	Chicken wings (frozen from week 1) with grilled zucchini (S)
21	Taco Stack Ups (S)
22	All Day Lentil Soup (E) (THM book)
23	Pizza Casserole (S) (Frozen from week 1)
24	Chicken Tikki Masala (E) (Omit butter, use fat-free Greek yogurt, sub "Just Like Brown Sugar", add brown rice) I add extra chicken to this, too.
25	Chicken Cobb Salad (S)
26	Tomato Bisque (S) (THM Cookbook p. 92-93)
27	Chicken Quinoa Broccoli Bake (E) frozen from week 2
28	Crockpot rice and beans (E)
29	Low-Carb Enchilada Bake (S)
30	Santa-Fe Quinoa (E) (double quinoa to serve 6-8)
31	Chipotle Meatballs (S) frozen from week 2

August Menu

Breakfasts

1	Coffee Cake (S)
2	Big Boy Smoothie (THM Book p.414) (FP)
3	Cake Batter Protein Shake (S)
4	Peanut Butter Blizzard (S)
5	bacon and eggs (S)
6	California Omelet (S)
7	2 eggs scrambled with cottage cheese (S)

Lunches

1	organic hot dogs with veggie sticks (S)
2	salad w/ baked chicken (S or FP, depending on ingredients) cottage
3	cheese, cucumber, and tomato salad (fp)
4	baked sweet potato w/ 1 tsp butter & Just Like Brown Sugar (E)
5	Perfect Pizza (THM Cookbook p.211)
6	meat and cheese roll-ups with protein shake (S)
7	Waldorf Cottage Cheese Salad (THM book p. 300)

Snacks

1	boiled eggs
2	deli meat roll-ups
3	small portions of leftovers
4	protein shakes