

# MayMenu

Recipe Links and Instructions for Week 1

Dinners	
Sunday	Meat Sauce w/ Zucchini noodles, Dreamfields, or Spaghetti Squash (S) Brown ground beef or turkey then add to sauce & heat through. Serve with cookied noodles, zoodles, or spaghetti squash.
Monday	<u>Black Bean Chicken Salad (E)</u>
Tuesday	Cowboy Grub (E) - THM Cookbook p. 59 - cook two, freeze one Balsamic Chicken w/ Brown Rice (E) - THM Cookbook p. 56
Wednesday	cook rice according to package directions
Thursday	<u>illed Cilantro-Lime Chicken w/ Avocado Salsa (S)</u> *omit honey, or use a drop of liquid stevia; double r
Friday	Sweet Potato Soup (E) - THM Cookbook p. 102
Saturday	Egg Roll in a Bowl (S) - THM Cookbook p. 62

- Breakfasts - THM Granola (E) (THM Cookbook p. 255), Turkey Sausage w/ Scrambled Eggs (S), Protein Shake (S)\*\*, Boiled Eggs & Berries (S), Scrambled eggs & bacon (S)  
[Baked Blueberry Oatmeal \(E\)](#)
- Lunches - Baked sweet potatoes w/ lean meat (I use deli meat or leftover chicken breast (E), turkey hot dogs, fruit, and sliced veggies (S), big salad with leftover meat (S), baked chicken with rice (E), baked chicken breast w/ beans and salsa (E)  
[Asian Chicken Salad \(S, E, or FP\)](#)
- Snacks - sliced cucumbers, carrots, and bell peppers, nuts, fruit, boiled eggs, deli meat

\*\* 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 to the shopping list.