

Your Sunshine-Filled June 2026 Trim Healthy Mama Dinner Menu

Simple, family-friendly meals to keep your kitchen cool and your spirit bright all month long!

Hey y'all! Welcome to the beautiful, sunny month of June! As the days grow longer and our schedules shift into that sweet summer rhythm, I want to help you keep dinner times simple, nourishing, and completely stress-free...

WEEK 1 DINNER LINEUP

Sunday	S	<u>High-Protein Mini Meatloaves</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Monday	S	<u>Tender and Effortless Lemon Garlic Butter Chicken, Crockpot</u>
Tuesday	S	<u>Crispy Queso Beef Chalupas</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday	S	<u>Healthy Bang Bang Chicken</u>
Thursday	S	<u>Creamy Chicken Sausage with Spinach and Mushrooms</u>
Friday	S	<u>Sheet Pan Butter Garlic Sirloin</u>
Saturday	S	<u>Bacon Caesar Chicken Chalupa</u>

WEEK 2 DINNER LINEUP

Sunday	S	<u>Creamy Boursin Chicken Bake</u>
Monday	S	<u>Crockpot Chicken Enchilada Casserole</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Tuesday	E	<u>High Protein Elote Chicken Bowl</u>
Wednesday	S	<u>Juicy Crack Burgers</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Thursday	S	<u>Crockpot Parmesan Caesar Chicken</u> Side pairing: <u>Salad and green beans</u>
Friday	E	<u>Hawaiian Chicken Sheet Pan Dinner</u>
Saturday	S	<u>Big Mac Smash Tacos</u>

JENNIFER OVERSTREET MENU PLANNER

PRINT-READY MONTHLY DINNER PLANNER (CONTD.)

WEEK 3 DINNER LINEUP

Sunday	S	<u>Easy Peruvian Chicken Recipe</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Monday	S	<u>Crockpot BBQ Pulled Pork</u>
Tuesday	S	<u>Easy and Delicious Low Carb Mexican Pizza</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday	S	<u>Easy & Delicious: THM S Bacon Cheeseburger Skillet</u>
Thursday	FP	<u>Lightened-Up Mediterranean Chicken Salad</u>
Friday	S	<u>Sheet Pan Bulgogi</u>
Saturday	S	<u>Chicken Bacon Ranch Pasta Salad</u>

WEEK 4 DINNER LINEUP

Sunday	S	<u>Creamy Bacon Ranch Chicken Hashbrown Casserole</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Monday	E	<u>Easy Crockpot Sweet and Sour Chicken</u>
Tuesday	S	<u>Mouthwatering Crockpot Beef Fajitas</u> Side pairing: <u>Lightened-Up Charro Beans, Spanish cauliflower rice, pico de gallo</u>
Wednesday	S	<u>The Perfect Greek Pasta Salad</u>
Thursday	S	<u>Sausage and Kale Stuffed Delicata Squash</u>
Friday	S	<u>Hot Honey Chicken Sheet Pan Dinner</u>
Saturday	S	<u>Crockpot Coconut Curry Chicken</u>

JENNIFER'S QUICK TRHM KITCHEN PREP TIPS

- Brown your ground beef in bulk on Sunday afternoons to make Tuesday's Mexican nights an absolute breeze.
- Utilize your slow cooker on Monday mornings so you can spend your afternoons outside enjoying the sunshine with the kids.
- Make a double batch of our favorite Lightened-Up Charro Beans and freeze half of them for a quick, grab-and-go side dish later in the month.