

Our Simplified July Family Dinner Menu

Warm, wholesome, and easy-to-prepare meals to keep your kitchen cool and your family blessed all summer long!

Hey y'all! I am so incredibly excited to welcome you to our table this July. Summer is in full swing, the sun is shining, and the days are beautifully long. But let's be honest, ladies—no one wants to spend these precious...

WEEK 1 DINNER LINEUP

Wednesday, July 1	E	<u>Healthy Honey Garlic Chicken</u> Side pairing: <u>Steamed broccoli florets served over a warm bed of brown rice or cauliflower rice.</u>
Thursday, July 2	S	<u>Juicy Crack Burgers</u> Side pairing: <u>Crispy Air Fried Canned Potatoes</u>
Friday, July 3	E	<u>Trim Healthy Mama E Taco Crack Slaw</u> Side pairing: <u>A crisp side salad with a fat-free vinaigrette or a serving of steamed green beans.</u>
Saturday, July 4	CROSS OVER	<u>40+ Easy THM Summer Cookout Recipes for July 4th & BBQs</u> Side pairing: <u>Creamy Vinegar Cucumber Salad</u>
Sunday, July 5	S	<u>High-Protein Mini Meatloaves</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Monday, July 6	S	<u>Tender and Effortless Lemon Garlic Butter Chicken, Crockpot</u>
Tuesday, July 7	S	<u>Crispy Queso Beef Chalupas</u> Side pairing: <u>Lightened-Up Charro Beans</u>

WEEK 2 DINNER LINEUP

Wednesday, July 8	E	<u>Spud-tacular Easy and Delicious Potato Taco Bowls!</u>
Thursday, July 9	S	<u>Easy Crockpot Low Carb Ragù</u> Side pairing: <u>Steamed broccoli with a pat of butter or a crisp side salad with a creamy lemon-garlic dressing.</u>
Friday, July 10	S	<u>Smash Big Mac Tacos</u> Side pairing: <u>Crispy air-fried zucchini fries or a simple side salad with a creamy ranch dressing</u>
Saturday, July 11	S	<u>Juicy Crack Burgers</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Sunday, July 12	S	<u>Chicken Bacon Ranch Pasta Salad</u> Side pairing: <u>none needed</u>
Monday, July 13	S	<u>Crockpot Coconut Curry Chicken</u>
Tuesday, July 14	S	<u>Chicken Bacon Ranch Pasta Salad</u> Side pairing: <u>None needed</u>

WEEK 3 DINNER LINEUP

Wednesday, July 15	E	<u>High Protein Elote Chicken Bowl</u>
Thursday, July 16	S	<u>The Perfect Greek Pasta Salad</u> Side pairing: <u>None needed</u>
Friday, July 17	E	<u>Easy Crockpot Sweet and Sour Chicken</u>
Saturday, July 18	S	<u>Bacon Caesar Chicken Chalupa</u>
Sunday, July 19	S	<u>Crockpot Pulled Pork Tacos</u> Side pairing: <u>A fresh cilantro lime cauliflower rice or cilantro slaw</u>
Monday, July 20	S	<u>Crockpot Ranch Pork Chops</u> Side pairing: <u>Mashed veggies and a salad</u>
Tuesday, July 21	S	<u>Easy and Delicious Low Carb Mexican Pizza</u> Side pairing: <u>Lightened-Up Charro Beans</u>

WEEK 4 DINNER LINEUP

Wednesday, July 22	FP	<u>Easy Italian Hamburger Helper</u> Side pairing: <u>A crisp side salad with a light balsamic vinaigrette or some steamed green beans.</u>
Thursday, July 23	S	<u>Creamy Chicken Sausage with Spinach and Mushrooms</u>
Friday, July 24	S	<u>Easy & Delicious: THM S Bacon Cheeseburger Skillet</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Saturday, July 25	S	<u>Low Carb Grilled Sirloin Greek Bowls</u> Side pairing: <u>A refreshing side of cucumber and tomato salad with a splash of red winer vinegar.</u>
Sunday, July 26	S	<u>Easy Peruvian Chicken Recipe</u>
Monday, July 27	S	<u>Crockpot Pepper Steak</u>
Tuesday, July 28	S	<u>Ultimate Crockpot Beef Barbacoa</u> Side pairing: <u>Spanish cauliflower rice and Charro Beans</u>

JENNIFER'S QUICK TRHM KITCHEN PREP TIPS

- Chop your fresh garden vegetables on Sunday afternoons so they are ready to toss into skillet meals or salads during the week.
- Utilize your slow cooker outdoors on the porch or in the garage on especially humid days to keep all the heat completely out of your home.
- When making on-plan beans or taco meats, cook a double batch and freeze half for an ultra-fast dinner solution later in the month.