

Our Peaceful Late Summer Menu: August 2026 Family Dinner Plan

Simple, wholesome, and Trim Healthy Mama-friendly dinners to keep your kitchen cool and your family blessed.

Hey y'all! Welcome to the table. August is here, bringing those long, golden summer evenings and the sweet, busy transition of late-summer rhythms. I don't know about you, but in our home, keeping the kitchen cool while ...

WEEK 1 DINNER LINEUP		
Saturday, August 1	S	<u>Juicy Crack Burgers</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Sunday, August 2	S	<u>High-Protein Mini Meatloaves</u>
Monday, August 3	S	<u>Crockpot BBQ Pulled Pork</u>
Tuesday, August 4	E	<u>High Protein Elote Chicken Bowl</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday, August 5	S	<u>Easy Philly Cheesesteak Chalupas with Sirloin</u> Side pairing: <u>Salad</u>
Thursday, August 6	S	<u>Healthy Bang Bang Chicken</u>
Friday, August 7	S	<u>Potsticker Smash Tacos- Easy Dinner</u>

WEEK 2 DINNER LINEUP		
Saturday, August 8	S	<u>Bacon Caesar Chicken Chalupa</u>
Sunday, August 9	S	<u>Creamy Boursin Chicken Bake</u>
Monday, August 10	S	<u>Tender and Effortless Lemon Garlic Butter Chicken, Crockpot</u>
Tuesday, August 11	S	<u>Easy and Delicious Low Carb Mexican Pizza</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday, August 12	E	<u>Easy Crockpot Sweet and Sour Chicken</u>
Thursday, August 13	S	<u>Creamy Chicken Sausage with Spinach and Mushrooms</u>
Friday, August 14	S	<u>Hot Honey Garlic Sirloin Steak Bites</u> Side pairing: <u>Buttery garlic riced cauliflower and a crisp green salad</u>

WEEK 3 DINNER LINEUP

Saturday, August 15	S	<u>Easy Peruvian Chicken Recipe</u>
Sunday, August 16	S	<u>Easy Oven-Baked Chicken Parmesan</u> Side pairing: <u>A crisp, green Caesar salad or tender roasted zucchini noodles drizzled with olive oil.</u>
Monday, August 17	S	<u>Crockpot Coconut Curry Chicken</u>
Tuesday, August 18	S	<u>Easy and Mouthwatering Crockpot Beef Fajitas</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday, August 19	E	<u>Spud-tacular Easy and Delicious Potato Taco Bowls!</u>
Thursday, August 20	S	<u>Easy & Delicious: THM S Bacon Cheeseburger Skillet</u> Side pairing: <u>High-Protein Mashed Potatoes</u>
Friday, August 21	E	<u>Healthy Honey Garlic Chicken</u> Side pairing: <u>Serve over a bed of steamed brown rice with a side of steamed broccoli or snap peas to keep this delicious meal perfectly in the E zone.</u>

WEEK 4 DINNER LINEUP

Saturday, August 22	S	<u>Grilled Sirloin Greek Bowls</u> Side pairing: <u>A crisp cucumber and tomato salad tossed in olive oil and red wine vinegar, or baked low-carb pita chips with extra tzatziki.</u>
Sunday, August 23	E	<u>Hawaiian Chicken Sheet Pan Dinner</u> Side pairing: <u>Cauliflower rice tossed with fresh parsley</u>
Monday, August 24	S	<u>Crockpot Ranch Pork Chops</u>
Tuesday, August 25	S	<u>Crockpot Chicken Enchilada Casserole</u> Side pairing: <u>Lightened-Up Charro Beans</u>
Wednesday, August 26	S	<u>It's A German Taco Fiesta! German Smash Tacos</u> Side pairing: <u>Salad</u>
Thursday, August 27	S	<u>The Perfect Greek Pasta Salad</u>
Friday, August 28	S	<u>Creamy Kielbasa and Cabbage Skillet</u>

JENNIFER'S QUICK TRHM KITCHEN PREP TIPS

- Prep your fresh salad greens and chop your skillet veggies on Saturday morning to make those busy weeknight meals come together in mere minutes.
- Utilize your slow cooker as much as possible during these warm August days to keep your home cool and save your air conditioner some hard work.
- Cook double portions of lean chicken breasts on your Wednesday prep to freeze for quick, easy protein additions to your future Friday night meals.
- Keep your pantry stocked with on-plan basics like brown rice and dry beans so you can easily pull together those comforting THM E side dishes.