

Meal Plan: 5/13-5/19/19

darciesdish.com

Monday:

B - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)

L - Ham Roll Ups - (3) whole leaves of romaine lettuce filled with (2) slices of deli ham, mustard, mayo, cheddar cheese and onion rolled up with fresh veggies on the side with water to drink (S)

S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D - World's Laziest Lasagna Skillet with steamed broccoli on the side and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Tuesday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover World's Laziest Lasagna Skillet with water to drink (S)

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Creamy Chicken & Wild Rice Soup with water to drink (E) pg. 100 in [THM Cookbook](#)

Wednesday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Creamy Chicken and Wild Rice Soup with water to drink (E)

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Fakertot Casserole with salad on the side and water to drink (S) pg. 147 in [THM Cookbook](#)

Thursday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)

L - [Low Carb Chicken Salad](#) with fresh veggies on the side and water to drink (S)

S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Easy Taco Pie with lettuce and sour cream on the side and water to drink (S) pg. 218 in [Everyday Ketogenic Kitchen](#)

Friday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover [Low Carb Chicken Salad](#) with fresh veggies on the side and water to drink (S)

S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.

D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

Saturday:

B - [Reeses Peanut Butter Cup Milkshake](#) (S)

L - leftover Black Pepper Chicken with water to drink (E)

S - a handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sunday:

B - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)

L - out to eat

S - [Snicker's Hot Chocolate](#) (S) ***Instead of heating it up I'll just drink it cold.

D - Award Winning Chili Pie with salad on the side with water to drink (S) pg. 142 in [Trim Healthy Table](#)