

## Meal Plan: 5/20-5/26/19

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 - leftover Award Winning Chili Pie from [last week's meal plan](#) with fresh veggies and water to drink (S)

\*\*\*The ingredients are not included on this week's shopping list.

S - [Peanut Butter Whip](#) with [Tropical Dream's Cider Pop](#) to drink (S)

D - Southwestern Chicken Chopped Salad with water to drink (S) pg. 202 in [Everyday Ketogenic Kitchen](#) \*\*\*I'm doubling this recipe for my family of 7.

### Tuesday:

B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)

L - Trim Mac Salad with water to drink (S) pg. 180 in [THM Cookbook](#) \*\*\*I do NOT assemble the salad all at one time. I am going to eat this for multiple lunches and it will be a soggy mess if you assemble it all at one time.

S - string cheese and bell peppers with [Tropical Dream's Cider Pop](#) to drink (FP)

D - [Fiesta Quinoa Chicken Skillet](#) with water to drink (E)

### Wednesday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Trim Mac Salad with water to drink (S)

S - a handful of almonds, string cheese and fresh strawberries with [Tropical Dream's Cider Pop](#) to drink (S)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

### Thursday:

B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - [Peanut Butter Whip](#) with [Tropical Dream's Cider Pop](#) to drink (S)

D - Spaghetti with meat sauce over [zoodles](#) with a side salad with water to drink (S) \*\*\*My family will eat their's over regular noodles. This is NOT reflected on the shopping list.

### Friday:

B - [Thin Mint Shake](#) (S)

L - leftover Trim Mac Salad with water to drink (S)

S - 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)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

### Saturday:

B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)

L - [Fathead Pizza](#) with [Zevia Ginger Rootbeer](#) to drink (S) \*\*\*I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

S - string cheese and bell peppers with [Tropical Dream's Cider Pop](#) to drink (FP)

D - out to eat

### Sunday:

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

L - leftover Trim Mac Salad with water to drink (S)

S - 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)

D - Cowboy Grub (E) pg. 59 in [THM Cookbook](#)