

Meal Plan: 6/3-6/9/19

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Monday:

B - [Peanut Butter Cup Shake](#) (S)

L - leftover Black Pepper Chicken with water to drink (E) ***This meal was from [last week's meal plan](#) and the ingredients are NOT on this week's shopping list.

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

D - Spaghetti over [Zoodles](#) with a side salad and water to drink (S) ***My family will eat their's over regular pasta. That is NOT reflected on the shopping list.

Tuesday:

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 - Egg Salad made with (3) eggs, mustard, mayo, salt & pepper with fresh veggies on the side and water to drink (S)

S - [Snickers Hot Chocolate](#) (S) ***I will drink this cold instead of warming it up.

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.

Wednesday:

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

L - large salad topped with pepperoni and Ranch dressing 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 - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Thursday:

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

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

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

D - Egg Roll in a Bowl with water to drink (S) pg. 62 in the [THM Cookbook](#)

Friday:

B - [Peanut Butter Cup Shake](#) (S)

L - leftover Egg Roll in a Bowl with water to drink (S)

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

D - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) (E)

Saturday:

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

D - [Fathead Pizza](#) with [Bogota Blackberry Lime Bai Bubbles](#) 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.

Sunday:

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 - grilled cheeseburgers wrapped in lettuce with broccoli and green beans on the side with water to drink (S) ***I'm using frozen broccoli and green beans.

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.