

Meal Plan: 6/17-6/23/19

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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 - salad topped with (2) hard boiled eggs and Ranch dressing with water to drink (S)

S - a cheese stick with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Colorful Lentil Salad](#) with added chicken breasts with water to drink (E)

Tuesday:

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 - (3) Ham Roll-Ups - I take a whole Romaine lettuce leaf off the head of Romaine, wash it, dry it, spread mustard and mayo on it, place the ham and sprinkle Pepperjack (or whatever you like) cheese and roll it up - with fresh veggies on the side and water to drink (S)

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

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

Wednesday:

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

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

S - 1/2 c. 2 % cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Ranch Hand Taco Salad with water to drink (S) pg. 200 in [Trim Healthy Table](#) ***I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

Thursday:

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

L - leftover Ranch Hand Taco 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 [Tropical Dreams Cider Pop](#) to drink (E)

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

Friday:

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

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

S - celery with peanut butter and [Tropical Dreams 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.

Saturday:

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

L - out to eat

S - a cheese stick with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - salad topped with (2) hard boiled eggs and Ranch dressing with water to drink (S)

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

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