

Meal Plan: 7/1-7/7/19

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Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L - leftover Ranch Hand Salad with water to drink (S) ***This salad is leftover from [last week's meal plan](#). The ingredients are NOT included in this week's shopping list.
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Grilled chicken breasts over brown rice with steamed broccoli on the side with water to drink (E)

Tuesday:

- B - [Peanut Butter Shake](#) (S)
- L - leftover grilled chicken, broccoli and rice with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Cabb & Saus Skillet with water to drink (S) pg. 58 in the [THM Cookbook](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L - salad topped with pepperoni 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 - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)

Thursday:

- 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 - Grilled burgers wrapped in lettuce with fresh veggies and strawberries on the side with water to drink (S)
- S - Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- 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.

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L - leftover Trim Mac Salad 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 - [Colorful Lentil Salad](#) with added chicken breasts and water to drink (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 - Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Cherry Cola Zevia](#) 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 - [Refreshing Fruity Shake](#) (E)
- L - leftover Fat Head Pizza with fresh veggies and 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 - [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side with water to drink (S)