

## Meal Plan: 7/22-7/28/19

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### Monday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - [Low Carb Chicken Salad](#) on top of lettuce with fresh veggies on the side and water to drink (S)
- S - a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

### Tuesday:

- B - [Peanut Butter Shake](#) (S)
- L - leftover Black Pepper Chicken over brown rice with water to drink (E)
- S - 1/2 c. unsweetened applesauce mixed with cinnamon and 1 t. [Super Sweet Blend](#) with a cheese stick and [Tropical Dreams Cider Pop](#) to drink (E)
- D - Spaghetti over [Zoodles](#) with a side salad with water to drink (S) \*\*\*My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

### Wednesday:

- 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 [Low Carb Chicken Salad](#) on top of lettuce with fresh veggies on the side and water to drink (S)
- S - celery and peanut butter 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.

### Thursday:

- 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 [Tropical Dreams Cider Pop](#) to drink (E)
- D - Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)

### Friday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side with water to drink (S)

### 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 - leftover Parmesan Wings with a side salad and water to drink (S)
- S - a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Zevia Root Beer](#) 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 - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - out to eat
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)