

## Meal Plan: 7/29-8/4/19

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### Monday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Cowboy Grub with water to drink (E) \*\*\*This was from [last week's meal plan](#) and the ingredients are NOT included in the shopping list.
- S - 1/2 c.2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Cheesy Sausage Pasta Skillet](#) with a side salad and water to drink (S)

### Tuesday:

- B - [Thin Mint Shake](#) (S)
- L - egg salad (2 hard-boiled eggs mixed with mayo and mustard) with fresh veggies on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

### 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 - Just Like Campbell's Tomato Soup with bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - World's Laziest Lasagna Skillet with a side salad with water to drink (S) pg. 69 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 World's Laziest Lasagna with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink(E) pg. 53 in [Trim Healthy Table](#)

### Friday:

- 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 Chicken Fried Double Rice with water to drink (E)
- S - handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and green beans on the side with water to drink (S)

### Saturday:

- B - [Peanut Butter Shake](#) (S)
- L - out to eat
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) \*\*\*I'm making a double batch and freezing half for snack tomorrow.
- D - [Fathead Pizza](#) with [Grape 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 - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Fathead Pizza with fresh veggies on the side and water to drink (S)
- S - leftover Cottage Berry Whip 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](#)