

## Meal Plan: 8/26-9/1/19

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

\*\*\*This makes enough for 3 lunches for me.

S - celery with 2 T. peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

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

### Tuesday:

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

L - leftover [Low Carb Chicken Salad](#) on top of Romaine lettuce with fresh veggies on the side and water to drink (S)

S - 1/2 c. 2% cottage cheese with strawberries on the side and [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](#)

### Wednesday:

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

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

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

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

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Grilled Chicken breasts with brown rice and broccoli on the side (E) \*\*\*I'm using frozen broccoli.

### Friday:

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

L - Egg Salad (2 hard-boiled eggs mixed with mustard and mayo, salt and pepper) with fresh veggies on the side and water to drink (S)

S - a cheese stick wrapped in (2) deli ham slices 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.

### 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 Trim Mac Salad with water to drink (S)

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

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

L - out to eat

S - a cheese stick wrapped in (2) deli ham slices with [Tropical Dreams Cider Pop](#) to drink (S)

D - Cabb & Saus Skillet with water to drink (S) pg. 58 in [THM Cookbook](#)