

## Meal Plan: 1/6-1/12/20

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### Monday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) \*\*\*I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

L - leftover Black Pepper Chicken over brown rice with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list.

S - [Snicker's Hot Chocolate](#) (S)

D - [Carnitas](#) over lettuce with sour cream and salsa on top and water to drink (S)

### Tuesday:

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

L - leftover Carnitas with water to drink (S)

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

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

### Wednesday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

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

S - [Snicker's Hot Chocolate](#) (S)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

### Thursday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D - Crockpot Buffalo Chicken in (3) lettuce wraps with fresh veggies on the side and water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Friday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Crockpot Buffalo Chicken in (3) lettuce wraps with fresh veggies on the side and water to drink (S)

S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

### Saturday:

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

L - out to eat

S - celery with peanut butter and [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 - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L - leftover Fathead Pizza with water to drink (S)

S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)

D - Creamy Tuscan Chicken with broccoli on the side and water to drink (S) pg. 72 in [Trim Healthy Table](#)