

Meal Plan: 1/13-1/19/20

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Monday:

- B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S) ***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 Tuscan Cream Chicken with a side salad and water to drink (S) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list.
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Tuesday:

- B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Italian White Bean and Spinach Soup 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 - Spaghetti made with meat sauce over cauli rice and a side salad with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

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 - Egg Salad - (3) hard-boiled eggs mixed with mustard and mayo - with fresh veggies and strawberries on the side with water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S)
- D - [Paprika Chicken](#) over cauli rice with green beans on the side and water to drink (S)

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

Friday:

- 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 deli ham, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

Saturday:

- B - [Snicker's Hot Chocolate](#) (S)
- L - out to eat
- S - handful of almonds with cut up strawberries 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. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (E)
- L - leftover White Wicked Chili with water to drink (E)
- S - handful of almonds with cut up strawberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Creamy Garlic Spinach Spaghetti Squash Bake with a side salad (S) pg. 135 in [Trim Healthy Table](#)