

Meal Plan: 1/27-2/2/20

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Monday:

- B - (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L - leftover Egg Roll in a Bowl with water to drink (S) ***This was leftover from [last week's meal](#) plan so the ingredients are NOT included on this week's shopping list.
- S - (2) [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

- 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Western Omelet Quiche](#) with water to drink (S)

Wednesday:

- B - (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L - large salad topped with deli ham and Ranch dressing with water to drink (S)
- S - (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Thursday:

- 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 [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Spaghetti with meat sauce over cauli rice with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Friday:

- B - (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L - large salad topped with deli ham and Ranch dressing 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 - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Saturday:

- 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 [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - [Peanut Butter Whip](#) with [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 - (2) scrambled eggs cooked in coconut oil with (2) sausage links on the side and [Peppermint tea](#) to drink (S)
- L - out to eat
- S - [Snicker's Hot Chocolate](#) (S)
- D - Black Pepper Chicken over brown rice and water to drink (E) pg. 68 in [Trim Healthy Table](#)