

Meal Plan: 5/25-5/31/2020

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - grilled burgers (I'm using 2 lbs for my family of 7) on top of lettuce, [Crunchy and Tangy Bacon Coleslaw](#) and cucumbers on the side with [Cherry Cola Zevia](#) to drink (S)
- S - (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa with water to drink (E)

Tuesday:

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) to drink (E)
- L - leftover Trim Mac Salad 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 - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cabb & Saus Skillet with broccoli and water to drink (S) pg. 58 in [THM Cookbook](#)

Wednesday:

- B - [Reese Peanut Butter Cup Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Thursday:

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [Peppermint tea](#) with a scoop of [collagen](#) stirred in to drink (E)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - leftover (2) Pay Off Day Candies 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)

Friday:

- B - [Thin Mint Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - string cheese, a handful of almonds and some strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Saturday:

- B - 1/2 c. old fashioned oats with 1 t. [Super Sweet](#) and strawberries with [Peppermint tea](#) with a scoop of [collagen](#) stirred in to drink (E)
- L - leftover Chicken Fried Double Rice 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 butter with strawberries on the side with water to drink (S)
- L - out to eat
- S - string cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - grilled chicken thighs, buttered broccoli and green beans with water to drink (S) ***I'm using frozen broccoli and canned green beans.