

Meal Plan: 6/1-6/7/2020

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- 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 with water to drink (E) ***I'm adding a can of corn.

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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - a handful of almonds and some strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Totally Dope Chicken over salad with water to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - leftover Totally Dope Chicken over salad with water to drink (S)
- S - string cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Thursday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)

Friday:

- 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 Trim Mac Salad with water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Fathead Pizza](#) with [Zevia Rootbeer](#) 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.

Saturday:

- B - [Refreshing Fruity Shake](#) (E)
- L - out to eat
- S - string cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Little Sweet Little Spicy Drumsticks with broccoli and a side salad with water to drink (S) pg. 221 in [Trim Healthy Table](#)

Sunday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - leftover Little Sweet Little Spicy Drumsticks and a side salad with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub and water (E) pg. 59 in [THM Cookbook](#)