

Meal Plan: 6/29-7/5/2020

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Monday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover Cowboy Grub with water to drink (E) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.

S - green bell pepper, cucumber and celery slices dipped in a wedge of Light Laughing Cow Cheese with [Tropical Dreams Cider Pop](#) to drink (FP)

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

Tuesday:

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

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

S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D - Egg Roll in a Bowl Part Deux over brown rice with water to drink (E) pg. 63 in [Trim Healthy Table](#)

Wednesday:

B - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L - leftover Egg Roll in a Bowl Part Deux over brown rice with water to drink (E)

S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Thursday:

B - 1/2 grapefruit with 1/2 c. 2% cottage cheese on the side and water to drink (E)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - (3) Pay Off Day Candies 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. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)

L - leftover Trim Mac Salad with water to drink (S)

S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) with [Grape 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.

Saturday:

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

L - leftover [Fathead Pizza](#) with cucumbers and bell peppers on the side with [Grape Zevia](#) to drink (S)

S - green bell pepper, cucumber and celery slices dipped in a wedge of Light Laughing Cow Cheese with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Grilled burgers with [Crunchy and Tangy Bacon Coleslaw](#) and fresh veggies with [French Onion Dip](#) (S)

Sunday:

B - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L - out to eat

S - 1/2 grapefruit with 1/2 c. 2% cottage cheese on the side and water to drink (E)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe.