

## Meal Plan: 7/6-7/12/2020

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### Monday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover [Sweet & Spicy Stir-fry](#) with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side and water to drink (S)

### Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - Egg Salad (3 hard-boiled eggs mixed with mustard and mayo) with cucumbers and bell peppers on the side and water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Chicken and Rice](#) with broccoli on the side and water to drink (E)

### Wednesday:

- 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 [Chicken and Rice](#) with broccoli on the side and water to drink (E)
- S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Florentine over cauli rice with water to drink (S) pg. 46 in [THM Cookbook](#)

### Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Chicken Florentine over cauli rice with water to drink (S)
- S - 1/2 c. 2% cottage cheese with cucumbers and green bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

### Friday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (E)
- L - leftover Ranch Hand Taco Salad with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - leftover [Fathead Pizza](#) with [Zevia Cola](#) to drink (S)
- S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Marinated Steak](#) with "[Mashed Potatoes](#)" and green beans (S) \*\*\*I'm using canned green beans.

### Sunday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (E)
- D - Cabb & Saus Skillet with salad and water to drink (S) pg. 58 in [THM Cookbook](#)