

Meal Plan: 7/20-7/26/2020

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Cabbage Roll in a Bowl with green beans on the side (FP) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT included in this week's shopping list.
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa and water to drink (E)

Tuesday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Mississippi Pot Roast](#) with broccoli and salad on the side with water to drink (S)

Wednesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover [Mississippi Pot Roast](#) with broccoli and salad on the side with water to drink (S)
- S - celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - World's Laziest Lasagna Skillet with salad on the side and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover World's Laziest Lasagna Skillet with salad on the side and water to drink (S)
- S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)
- D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Friday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)
- L - leftover Smoked Sausage Salad with water to drink (S)
- S - celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Zevia Cream Soda](#) 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 - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover [Fathead Pizza](#) with [Zevia Cream Soda](#) to drink (S)
- S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)

Sunday:

- B - [Peanut Butter Cup Milkshake](#) (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)