

## Meal Plan: 7/27-8/2/2020

darciesdish.com

### Monday:

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

L - leftover Chicken Fried Double Rice 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 - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)\*\*\*Making a double batch and freezing half to use as a snack tomorrow.

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side and water to drink (S)

### Tuesday:

B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)

S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Sweet Lime Joe's over brown rice with water to drink (E) pg. 93 in [Trim Healthy Table](#)

### Wednesday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Sweet Lime Joe's over brown rice with water to drink (E)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - Spaghetti meat sauce over cauli rice and with a side salad with water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

### Thursday:

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 - (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)

S - a handful of almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

### Friday:

B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Ranch Hand Taco Salad with water to drink (E)

S - celery with peanut butter and [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 - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)

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 - [Teriyaki Kebabs](#) on top of cauliflower rice with water to drink (S)

### 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. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Cabb & Saus Skillet with salad and water to drink (S) pg. 58 in [THM Cookbook](#)