

Meal Plan: 8/10-8/16/2020

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E) ***This was from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

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 - (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 - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Crockpot Buffalo Chicken over salad with Ranch dressing on top and water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Crockpot Buffalo Chicken over salad with Ranch dressing on top and water to drink (S)
- S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

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 - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - (3) leftover 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 - [Refreshing Fruity Shake](#) (E)
- L - leftover Trim Mac Salad with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Black Cherry 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 - [Peanut Butter Cup Shake](#) (S)
- L - out to eat
- S - almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)

Sunday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) mixed with a diced apple and cinnamon with water to drink (FP)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)