

Meal Plan: 8/31-9/6/2020

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Monday:

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

L - Egg Salad (3 hard-boiled eggs mixed with mayo, mustard and salt & pepper) with fresh veggies on the side with water to drink (S)

S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Easy Mixed Rice and Beans](#) with 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 - (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 - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Low Carb Spaghetti Squash Casserole](#) with broccoli on the side and water to drink (S)

Wednesday:

B - [Caramel Apple Smoothie](#) (E)

L - leftover [Easy Mixed Rice and Beans](#) with water to drink (E)

S - (2) hard-boiled eggs with veggies 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 - (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 - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

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 - celery with peanut butter and [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 - [Refreshing Fruity Shake](#) (E)

L - leftover [Fathead Pizza](#) with [Grape Zevia](#) to drink (S)

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

D - Grilled burgers with Melissa's Amish Broccoli Salad on the side with water to drink (S) pg. 271 in [Trim Healthy Table](#)

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 and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)