

## Meal Plan: 9/7-9/13/2020

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### Monday:

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 Trim Mac Salad (S) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list. You can find the recipe on pg. 181 in [THM Cookbook](#)

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

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with 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 - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

### Wednesday:

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 [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

S - a slice of cheese, (3) pieces of deli ham and a dill pickle with [Tropical Dreams Cider Pop](#) to drink (S)

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

### Thursday:

B - [Thin Mint Shake](#) (S)

L - larges salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

### Friday:

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

L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

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

L - out to eat

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'm doubling this recipe for my family of 7

### Sunday:

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

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

S - (2) hard-boiled eggs and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)

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