

## Meal Plan: 9/21-9/27/2020

darciesdish.com

### Monday:

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

L - leftover [Taco Salad Crunch](#) ([this is from last week's meal plan](#)) with water to drink (E)

S - strawberries and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

### Tuesday:

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 - (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 - [Snickers Hot Chocolate](#) (S)

D - Totally Dope Chicken with salad and water to drink (S) pg. 104 in [Trim Healthy Table](#)

### Wednesday:

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

L - leftover Totally Dope Chicken with salad and water to drink (S)

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

D - Spaghetti meat sauce over cauli rice and 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 - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

### 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

S - deli ham slices, a cheese stick and dill pickles with [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 - [Snickers Hot Chocolate](#) (S)

L - out to eat

S - strawberries and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

### Sunday:

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 broccoli on the side with water to drink (FP)

S - [Snickers Hot Chocolate](#) (S)

D - Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)