

## Meal Plan: 9/28-10/4/2020

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### Monday:

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

L - [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

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

D - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) with 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 - leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

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

D - [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side with water to drink (S)

### Wednesday:

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

L - leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

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

D - [Chicken Cacciatore](#) over cauliflower rice with salad and water to drink (FP)

### 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 - [Creamy Taco Soup](#) 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 - a handful of almonds and some strawberries with [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 - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - out to eat

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

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

### Sunday:

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

L - leftover Chicken Fried Double Rice with water to drink (E)

S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)

D - [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side with water to drink (S)