

Meal Plan: 10/19-10/25/2020

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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 is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's plan.
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa and water to drink (S)

Tuesday:

- B - oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in 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 and dill pickles on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)

Wednesday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - (2) hard-boiled eggs with veggies on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Florentine over Zoodles with broccoli on the side and water to drink (S) pg. 46 in [THM Cookbook](#)

Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Chicken Florentine over Zoodles with broccoli on the side and water to drink (S)
- S - a handful of pistachios and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- B - [Snickers Hot Chocolate](#) (S)
- L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon with water to drink (FP)
- 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 - oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L - out to eat
- S - [Snickers Hot Chocolate](#) (S)
- D - Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)

Sunday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L - leftover Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S)
- S - a handful of pistachios and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Black Pepper Chicken over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)