

## Meal Plan: 11/2-11/8/2020

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### Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- 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) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Deconstructed Fajitas over brown rice with water to drink (E) pg. 56 in [Trim Healthy Table](#)

### Tuesday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Deconstructed Fajitas over brown rice with water to drink (E)
- S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Totally Dope Chicken in a low carb tortilla with fresh veggies on the side and water to drink (S) pg. 104 in [Trim Healthy Table](#)

### Wednesday:

- 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 - leftover Totally Dope Chicken in a low carb tortilla with fresh veggies on the side and water to drink (S)
- S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- 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 - (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 and dill pickles on the side and water to drink (S)
- S - (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Insanely Simple Chicken Fiesta Soup with water to drink (E) pg. 151 in [Trim Healthy Table](#)

### Friday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Insanely Simple Chicken Fiesta Soup with water to drink (E)
- S - a handful of almonds and fresh vegetables with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Easy Pizza Casserole with [Zevia Cola](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

### 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 - a cheese stick and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cabb & Saus Skillet with broccoli on the side and water to drink (S) pg. 58 in [THM Cookbook](#)

### Sunday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Cabb & Saus Skillet with salad on the side and water to drink (S)
- S - [Snickers Hot Chocolate](#) (S)
- D - Egg Roll in a Bowl over brown rice with water to drink (E) pg. 62 in [THM Cookbook](#)