

Meal Plan: 11/9-11/15/2020

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Monday:

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

L - leftover Egg Roll in a Bowl over brown rice with water to drink (E) ***This was from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.

S - celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Chicken Enchilada Stuffed Spaghetti Squash with water to drink (S) pg. 132 in [Trim Healthy Table](#)

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

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

D - Succulent Barbacoa Beef over salad with water to drink (S) pg. 108 in [Trim Healthy Table](#)

Wednesday:

B - egg white scrambled with bell peppers and onions with water to drink (FP)

L - leftover Succulent Barbacoa Beef over salad with water to drink (S)

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

D - Tuscan Cream Chicken over cauli rice with a salad on the side with water to drink (S) pg. 72 in [Trim Healthy Table](#)

Thursday:

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

L - leftover Tuscan Cream Chicken over cauli rice with a salad on the side with water to drink (S)

S - 3 oz lean deli ham, dill pickles and fresh vegetables with [Tropical Dreams Cider Pop](#) to drink (FP)

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

Friday:

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

S - celery with peanut butter and [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 water to drink (FP)

L - out to eat

S - a handful of almonds and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Award Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

Sunday:

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

S - [Peanut Butter Whip](#) with water to drink (S)

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