

Meal Plan: 11/16-11/22/2020

darciesdish.com

Monday:

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

L - leftover Chicken Fried Double Rice with water to drink (E) ***This was leftover from [last week's meal plan](#). The ingredients are NOT included in this week's shopping list.

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

D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with 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 - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch and will freeze half for Thursday's snack.

D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

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 [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

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

D - Chicken Alfredo over zoodles with broccoli on the side with water to drink (S) pg. 67 in [THM Cookbook](#)

Thursday:

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

L - leftover Chicken Alfredo over zoodles with a side salad and water to drink (S)

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

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

D - Easy Pizza Casserole with [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

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

L - out to eat

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

D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

B - oatmeal mixed with 1 t. [Super Sweet](#) and half of a banana with [Sweet & Spicy tea](#) and a [scoop of collagen](#) mixed in to drink (E)

L - leftover Cowboy Grub with water to drink (E)

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

D - Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)