

## Meal Plan: 11/23-11/29/2020

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### Monday:

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

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

S - string cheese with cucumbers and green bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) and water to drink (E)

### 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 - leftover Teriyaki Beef & Broccoli over cauliflower rice (S) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT included in this week's shopping list. You can find the recipe on pg. 82 in [Trim Healthy Table](#)

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

D - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Wednesday:

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)

L - leftover Crockpot Buffalo Chicken over salad with water to drink (S)

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

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 - 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, S & D - **Happy Thanksgiving** - I'll be eating the meal or leftovers in some form for lunch, snack and dinner!

### Friday:

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

L - Thanksgiving leftovers

S - Winter Wonderland Sip (FP)\*\*\*I'm serving this warm pg. 405 in [THM Cookbook](#)

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - [Peanut Butter Whip](#) (S)

D - Chicken Sausage Gumbo with water to drink (E) pg. 89 in [Trim Healthy Table](#)

### Sunday:

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

L - leftover Chicken Sausage Gumbo with water to drink (E)

S - string cheese with cucumbers and green bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)

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