

Meal Plan: 1/4-1/10/21

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Monday:

B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon with water to drink (E)

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

S - lean deli ham slices with dill pickle spears and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

Tuesday:

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

L - Just Like Campbell's Tomato Soup with cucumbers and green bell peppers on the side with water to drink (S)
pg. 112 in [THM Cookbook](#)

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

D - [Curried Chicken and Brown Rice](#) with broccoli on the side and water to drink (E)

Wednesday:

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

L - leftover [Curried Chicken and Brown Rice](#) with broccoli on the side and 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 [Tropical Dreams Cider Pop](#) to drink (E)

D - Spaghetti meat sauce over cauli rice and with a side salad with 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 strawberries 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 - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

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

L - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with [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 - [Snickers Hot Chocolate](#) (S)

L - out to eat

S - lean deli ham slices with dill pickle spears and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Cabb & Saus Skillet with green beans on the side and water to drink (S) pg. 58 in [THM Cookbook](#)

Sunday:

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

L - leftover [Fathead Pizza](#) with [Black Cherry Zevia](#) to drink (S)

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family size.