

## Meal Plan: 1/11-1/17/21

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### Monday:

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

L - leftover [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list.

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

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

### Tuesday:

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

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

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Chicken and Chickpea Stew](#) with water to drink (E)

### Wednesday:

B - [Thin Mint Shake](#) (S)

L - leftover [Chicken and Chickpea Stew](#) with water to drink (E)

S - a handful of almonds with a side of bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)

D - World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

### Thursday:

B - (2) scrambled eggs with onions, bell pepper and spinach sauteed in with water to drink (S)

L - leftover World's Laziest Lasagna Skillet with salad and water to drink (S)

S - 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)

D - [Creamy Taco Soup](#) with water to drink (S)

### Friday:

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

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

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

D - [Fathead Pizza](#) with [Grape 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 - (2) scrambled eggs with onions, bell pepper and spinach sauteed in with water to drink (S)

L - out to eat

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

D - Shepherd's Pie Skillet with water to drink (S) pg. 132 in [Trim Healthy Future](#)

### Sunday:

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 - leftover Shepherd's Pie Skillet with water to drink (S)

S - (2) hard-boiled eggs with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (S)

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