

Meal Plan: 1/18-1/24/21

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Monday:

- B - (2) scrambled eggs with onions, bell pepper and spinach sauteed in with water to drink (S)
- L - leftover Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumber on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

- B - [Snickers Hot Chocolate](#) (S)
- L - leftover [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side and water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. pg. 374 in [THM Cookbook](#) ***I'm making a double batch and will freeze half for Thursday's snack.
- D - [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side with water to drink (S)

Wednesday:

- 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 - Just Like Campbell's Tomato Soup with bell pepper and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S)

Thursday:

- B - [Thin Mint Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - 2 oz deli ham, a cheese stick and a dill pickle with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- B - (2) scrambled eggs with onions, bell pepper and spinach sauteed in with water to drink (S)
- 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 [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 - [Snickers Hot Chocolate](#) (S)
- L - out to eat
- S - 2 oz deli ham, a cheese stick and a dill pickle with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cancun Chicken over cauli rice with water to drink (FP) pg. 117 Trim Healthy Future [Trim Healthy Future](#)

Sunday:

- 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 - leftover Cancun Chicken over cauli rice with water to drink (FP)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Black Pepper Chicken over cauliflower rice and water to drink (FP) pg. 68 in [Trim Healthy Table](#)