

## Meal Plan: 4/19-4/25/21

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### Monday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Egg Roll in a Bowl ([from last week's meal plan](#)) and a side salad with Ranch dressing and water to drink (S)

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Taco Chicken Chili with water to drink (E) pg. 186 in [Trim Healthy Future](#)

### Tuesday:

B - [Peanut Butter Cup Shake](#) (S)

L - leftover Taco Chicken Chili with water to drink (E)

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

D - Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) and broccoli on the side with water to drink (S) pg. 104 in [Trim Healthy Table](#)

### Wednesday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Totally Dope Chicken in a lettuce wrap with fresh veggies (bell pepper and cucumbers) with 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 have the rest tomorrow for snack.

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 - [Refreshing Fruity Shake](#) (E)

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

S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

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

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

S - (3) lean deli ham slices, dill pickle, bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)

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

### Saturday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L - out to eat

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

D - Company Casserole with a side salad and water to drink (S) pg. 158 in [Trim Healthy Future](#)

### Sunday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Company Casserole with a side salad and water to drink (S)

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

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