

## Meal Plan: 4/26-5/2/21

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### Monday:

- 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 Chicken Fried Double Rice with water to drink from [last week's meal plan](#) (E)
- S - (2) hard-boiled eggs with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

### Tuesday:

- 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 - leftover [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Paprika Chicken](#) over cauli rice and green beans on the side with water to drink (S)

### Wednesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing 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 - Tuscan Cream Chicken over cauli rice with a side salad with water to drink (S) pg. 72 in [Trim Healthy Table](#)

### Thursday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Tuscan Cream Chicken over cauli rice with a side salad with water to drink (S)
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

### Friday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - almonds with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)
- 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. 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 - Cabbage Roll in a Bowl over cauli rice with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

### Sunday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Cabbage Roll in a Bowl over cauli rice with water to drink (FP)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I double this recipe for my family of 7.