

## Meal Plan: 5/10-5/16/21

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### Monday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover Chicken Fried Double Rice from last night's dinner with water to drink (E) pg. 53 in [Trim Healthy Table](#)

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 - [Zesty Salsa Chicken and Black Bean Casserole](#) with water to drink (E)

### Tuesday:

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

L - (3) ham roll ups (deli ham, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers and cucumbers on the side with water to drink (S)

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

D - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Wednesday:

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

L - leftover Crockpot Buffalo Chicken over salad 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 - [Italian White Bean and Spinach Soup](#) with water to drink (E)

### Thursday:

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

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

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

D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)

### 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 Trim Mac Salad with water to drink (S)

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

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

D - Beef & Veggie Skillet with broccoli on the side with water to drink (S) pg. 130 in [Trim Healthy Future](#)

### Sunday:

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

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

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

D - Egg Roll in a Bow Part Deux over brown rice with water to drink (E) pg. 63 in [Trim Healthy Table](#)