

Meal Plan: 5/24-5/30/21

darciesdish.com

Monday:

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

L - leftover Coconut Thai Chicken (leftover from last week) with water to drink (S)

S - a cheese stick and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

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

Tuesday:

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

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 - 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 - [Salsa Verde Chicken](#) over salad with water to drink (FP)

Wednesday:

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

L - leftover [Salsa Verde Chicken](#) over salad with water to drink (FP)

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

Thursday:

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

L - leftover World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S)

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

D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Friday:

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

L - large salad topped with (2) hard-boiled eggs 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 [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 - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L - out to eat

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 - [Creamy Chicken Rice Casserole](#) with water to drink (E)

Sunday:

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

L - leftover [Creamy Chicken Rice Casserole](#) with water to drink (E)

S - a cheese stick and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Egg Roll in Bowl with water to drink (S) pg. 62 in [THM Cookbook](#)