

Meal Plan: 6/7-6/13/21

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Monday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - leftover Cowboy Grub (from [last week's meal plan](#)) with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

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, cucumbers and dill pickles on the side with water to drink (S)
- S - almonds with 1/4 c. blueberries 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 - [Peanut Butter Milkshake](#) (S)
- L - leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'll be using frozen broccoli instead of fresh and doubling this recipe.

Thursday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - leftover [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)
- 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 - leftover Smoked Sausage Salad with water to drink (S)
- S - almonds with 1/4 c. blueberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Black Cherry 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 - [Peanut Butter Cup Shake](#) (S)
- L - out to eat
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Grilled chicken breasts over brown rice with broccoli on the side 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 - (3) ham roll ups (deli ham, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers, cucumbers and dill pickles on the side with water to drink (S)
- S - [Peanut Butter Whip](#) (S)
- D - [Vegetable Quiche Cups](#) with a side salad and water to drink (E)