

Meal Plan: 6/14-6/20/21

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Monday:

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 - large salad topped with (2) hard-boiled eggs and ranch dressing with water to drink (S)

S - a handful of almonds and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)

D - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa with water to drink (E)

Tuesday:

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

L - leftover Burrito Bowls with water to drink (E)

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

D - [Slow Cooker Italian Beef & Cabbage](#) with water to drink (S)

Wednesday:

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 - a handful of almonds and 1/4 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)

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

Thursday:

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 Chicken Fried Double Rice with water to drink (E)

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

D - Grand Greek Salad with water to drink (S) pg. 183 in [THM Cookbook](#)

Friday:

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

L - leftover Grand Greek Salad with water to drink (S)

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon with water to drink (E)

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

L - out to eat

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 - Grilled burgers with Melissa's Amish Broccoli Salad and water to drink (S) pg. 271 in [Trim Healthy Table](#)

Sunday:

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

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

D - Spaghetti meat sauce over cauli rice and with a side salad with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.