

Meal Plan: 6/21-6/27/21

darciesdish.com

Monday:

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

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

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

D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E) ***I'm adding a can of corn.

Tuesday:

B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries 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 - 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)

D - [Paprika Chicken](#) over cauli rice with green beans on the side with water to drink (S) ***I'm using canned green beans.

Wednesday:

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

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

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

D - Cabb & Saus Skillet with broccoli on the side and water to drink (S) pg. 58 in [THM Cookbook](#)

Thursday:

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

L - leftover Cabb & Saus Skillet with broccoli on the side and water to drink (S)

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

D - Ranch Hand Taco Salad (do not fully assemble it if you'd like to eat the leftovers for lunch tomorrow) with water to drink (E) pg. 200 in [Trim Healthy Table](#)

Friday:

B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side with water to drink (S)

L - leftover Ranch Hand Taco Salad with water to drink (E)

S - celery with peanut butter 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 - [Refreshing Fruity Shake](#) (E)

L - out to eat

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

D - [Colorful Lentil Salad](#) with grilled chicken breasts on top and green beans on the side with water to drink (E)
***I'm using canned green beans.

Sunday:

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

D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)