

Meal Plan: 6/28-7/4/21

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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 - leftover Cowboy Grub (from [last week's meal plan](#)) with water to drink (E)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - a cheese stick, bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Egg Roll in a Bowl Part Deux over brown rice with water to drink (E) pg. 63 in [Trim Healthy Table](#)

Wednesday:

- 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 Egg Roll in a Bowl Part Deux over brown rice with water to drink (E)
- S - celery with peanut butter and [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 - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#)

Friday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Trim Mac Salad with water to drink (S)
- S - (2) hard-boiled eggs, green bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Fathead Pizza](#) with [Grape 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 Milkshake](#) (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 - Grilled burgers with [Crunchy and Tangy Bacon Coleslaw](#) and fresh veggies with [French Onion Dip](#) (S)

Sunday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - Grilled brats (no bun) with bell peppers, cucumbers, celery and leftover [French Onion Dip](#) and water to drink (S)
- S - [Thin Mint Shake](#) (S)
- D - Nacho Stuffed Peppers with water to drink (S) pg. 142 in [THM Cookbook](#)