

Meal Plan: 7/5-7/11/21

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Monday:

B - [Reese Peanut Butter Cup Shake](#) (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 - a cheese stick and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

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

Tuesday:

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

D - [IP Kielbasa and Cabbage](#) with a side salad and 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 - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

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.

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 - Egg salad (3 hard-boiled eggs mixed with mustard, mayo, salt, pepper and paprika) on top of lettuce with cucumbers and green bell peppers on the side with water to drink (S)

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

D - [Taco Salad Crunch](#) with water to drink (E)

Friday:

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

L - leftover [Taco Salad Crunch](#) with water to drink (E)

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

D - Easy Pizza Casserole with [Zevia Cola](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

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

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

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm going to make a double batch and freeze half for tomorrow's snack.

D - Grilled Burgers with Melissa's Amish Broccoli Salad with 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 - out to eat

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family size.