

Meal Plan: 7/12-7/18/21

darciesdish.com

Monday:

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

L - leftover [Sweet & Spicy Stir-fry](#) over brown rice (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 - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

Tuesday:

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

D - [Salsa Verde Chicken](#) over salad with water to drink (FP)

Wednesday:

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

L - leftover [Salsa Verde Chicken](#) over salad with water to drink (FP)

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

D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side and water to drink (S)

Thursday:

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

D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

Friday:

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 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 [Zevia Cola](#) 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 - [Thin Mint Shake](#) (S)

D - Little Sweet Little Spicy Drumsticks with broccoli and green beans (I'm using canned) on the side with water to drink (S) pg. 221 in [Trim Healthy Table](#)

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 - leftover Little Sweet Little Spicy Drumsticks with a side salad and water to drink (S)

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

D - Beef & Veggie Skillet with broccoli on the side and water to drink (S) pg. 130 in [Trim Healthy Future](#)