

Meal Plan: 7/26-8/1/21

darciesdish.com

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 Chicken Fried Double Rice (from Sunday night) with water to drink (E) ***Ingredients are NOT included in this week's meal plan

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

D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream - with water to drink (S)

Tuesday:

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

D - [Chicken and Rice](#) with peas on the side with water to drink (E)

Wednesday:

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

L - leftover [Chicken and Rice](#) with peas on the side with water to drink (E)

S - (2) hard-boiled eggs with strawberries on the side and [Tropical Dreams Cider Pop](#) to drink (S)

D - World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S) pg. 69 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 World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S)

S - (2) hard-boiled eggs with strawberries on the side and [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 - celery with peanut butter and [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 - (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (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 water to drink (FP)

D - Grilled chicken over brown rice with green beans (I'm using canned) on the side and water to drink (E)

Sunday:

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

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

S - celery with a wedge of Light Laughing Cow Cheese and [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.