

## Meal Plan: 8/2-8/8/21

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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 - (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 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 - cheese quesadilla made on a low carb tortilla with salsa and strawberries on the side with water to drink (S)

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

D - [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)

### Wednesday:

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 - World's Laziest Lasagna Skillet with salad on the side with 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 salad on the side with water to drink (S)

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

D - [Two Bean Zucchini Salad](#) topped with grilled chicken and water to drink (E)

### Friday:

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

D - [Fathead Pizza](#) with [Cream Soda 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 and water to drink (S)

L - out to eat

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

D - Little Sweet Little Spicy Drumsticks with Tzatziki Cucumber salad on the side and water to drink (S) pg. 221 (chicken) and pg. 266 in [Trim Healthy Table](#)

### Sunday:

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

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 - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)