

## Meal Plan: 8/9-8/15/21

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### Monday:

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

L - leftover Chicken Fried Double Rice with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.

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

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side with water to drink (S)

### 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 - (3) deli meat roll ups (deli meat, 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 - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Wednesday:

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

L - leftover Crockpot Buffalo Chicken over salad with water to drink (S)

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

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

### Thursday:

B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side with water to drink (S)

L - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S - a cheese stick with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

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 [Cola 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 1/4 c. blueberries on the side with water to drink (S)

L - out to eat

S - a cheese stick with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Grilled chicken on top of [Colorful Lentil Salad](#) with water to drink (E)

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

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

D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)