

## Meal Plan: 9/6-9/12/21

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### Monday:

- B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L - leftover Trim Mac Salad (from last week's meal plan) with water to drink (S)
- S - celery with a wedge of Light Laughing Cow Cheese with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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) 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 - handful of almonds and strawberries on the side with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

### Wednesday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- 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 - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- 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 with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

### Friday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 - [Refreshing Fruity Shake](#) (E)
- L - out to eat
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) \*\*\*I'm doubling this recipe for my family of 7

### Sunday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- 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 - handful of almonds and strawberries on the side with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)