

Meal Plan: 9/13-9/19/21

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Monday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Ranch Hand Taco Salad (leftover from [last week's meal plan](#)) with water to drink(E) pg. 200 in [Trim Healthy Table](#)
- S - handful of almonds with cucumbers and bell peppers and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Chicken Fajita Rice Bowl](#) with water to drink (E)

Tuesday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) 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 - handful of almonds with cucumbers and bell peppers and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian Sausage & Squash Soup](#) with water to drink (S)

Wednesday:

- 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 [Italian Sausage & Squash Soup](#) with water to drink (S)
- S - [Berry Lemon Shake](#) (FP)
- D - World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - leftover World's Laziest Lasagna Skillet with salad and water to drink (S)
- S - [Strawberry Grapefruit Smoothie](#) (E)
- D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

- 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 Zuppa Toscana Soup with water to drink (S)
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Black Cherry 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 - [Peanut Butter Cup Milkshake](#) (S)
- L - out to eat
- S - cheese stick with strawberries on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Sunday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Taco Salad Crunch](#) with water to drink (E)