

Meal Plan: 9/20-9/26/21

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Monday:

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

L - leftover Taco Salad Crunch (from [last week's meal plan](#)) with water to drink (E)

S - a handful of almonds with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Lovin' Tex Mex Skillet](#) with water to drink (E)

Tuesday:

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 - (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 - [Snickers Hot Chocolate](#) (S)

D - Totally Dope Chicken with salad and water to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

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 Totally Dope Chicken with salad and water to drink (S)

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

D - Spaghetti meat sauce over cauli rice and with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Thursday:

B - [Strawberry Grapefruit Smoothie](#) (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 and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

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 [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

S - a handful of almonds with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - [Snickers Hot Chocolate](#) (S)

L - out to eat

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

D - Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Sunday:

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

L - leftover Cabbage Roll in a Bowl with broccoli on the side with water to drink (FP)

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

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