

Meal Plan: 9/27-10/3/21

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Monday:

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

D - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)

D - [Paprika Chicken](#) over cauliflower rice and green beans (I'm using canned) on the side with water to drink (S)

Wednesday:

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

L - Just Like Campbell's Tomato Soup with a side salad and water to drink (S) pg. 112 in [THM Cookbook](#)

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

D - [Chicken Cacciatore](#) over cauliflower rice with a side salad with water to drink (FP)

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 - leftover [Chicken Cacciatore](#) over cauliflower rice with a side salad with water to drink (FP)

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

D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

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

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

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

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

L - out to eat

S - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)

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

Sunday:

B - 1/2 c. 0% plain Greek yogurt mixed with an apple, cinnamon and 1 t. [Super Sweet](#) with water to drink (E)

L - leftover Chicken Fried Double Rice with water to drink (E)

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

D - Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)