

Meal Plan: 10/4-10/10/21

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Monday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Teriyaki Beef & Broccoli (from [last week](#)) with a salad and water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and 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 - celery with peanut butter and [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 - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S - [Snickers Hot Chocolate](#) (S)
- 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 - (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 - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

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 [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Easy Pizza Casserole with [Black Chery Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

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 - Beef & Veggie Skillet with broccoli on the side and water to drink (S) pg. 130 in [Trim Healthy Future](#)

Sunday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)