

## Meal Plan: 10/11-10/17/21

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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 - (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 - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side and water to drink (S)

### Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - leftover (3) Pay Off Day Candies 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 - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side and water to drink (S)

### 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 [Slow Cooker Italian Beef & Cabbage](#) with a side salad and water to drink (S)
- S - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Trim Zuppa Toscana 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 with water to drink (S)
- S - 3 oz deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 - [Thin Mint Shake](#) (S)
- L - out to eat
- S - 3 oz deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Nacho Stuffed Peppers with water to drink (S) pg. 142 in [THM Cookbook](#)

### Sunday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - Just Like Campbell's Tomato Soup with veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- 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](#)