

## Meal Plan: 10/25-10/31/21

darciesdish.com

### Monday:

- 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 [Chicken Lettuce Wraps with Peanut Sauce](#) (from [last week's meal plan](#)) with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) with water to drink (E)

### Tuesday:

- 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 cucumber and bell peppers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - 1/2 c. 0% plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Salsa Verde Chicken](#) over salad with water to drink (FP)

### 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 [Salsa Verde Chicken](#) over salad with water to drink (FP)
- S - cheese stick, strawberries and almonds with [Tropical Dreams Cider Pop](#) to drink (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 - 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 - 1/2 c. 0% plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Creamy Verde Chicken Chili with water to drink (S) pg. 78 in [Trim Healthy Table](#)

### 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 Creamy Verde Chicken Chili with water to drink (S)
- S - [Thin Mint Shake](#) (S)
- D - [Fathead Pizza](#) with [Cherry Cola 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 - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

### Sunday:

- B - 1/2 c. 0% plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet](#) with water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - cheese stick, strawberries and almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Chicken Stir-fry](#) (carrots, an onion and (2) bags of frozen broccoli) over brown rice with water to drink (E)