

Meal Plan: 11/8-11/14/21

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Monday:

- B - 1/2 c. old fashioned 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 - [low carb chicken salad](#) wrapped in Romaine lettuce with cucumber and bell peppers on the side with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Enchilada Stuffed Spaghetti Squash with water to drink (S) pg. 132 in [Trim Healthy Table](#)

Tuesday:

- B - (3) scrambled eggs cooked in butter with 1/4 c. blueberries on the side and water to drink (S)
- L - leftover [low carb chicken salad](#) wrapped in Romaine lettuce with cucumber and bell peppers on the side with water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Wednesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Spaghetti meat sauce over cauli rice 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 - 1/2 c. old fashioned 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 [low carb chicken salad](#) wrapped in Romaine lettuce with cucumber and bell peppers on the side with water to drink (S)
- S - a handful of almonds, 1/4 c. blueberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- 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 3 oz lean deli meat 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 [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 1/4 c. blueberries on the side and water to drink (S)
- L - out to eat
- S - 3 oz lean deli meat, dill pickles and cucumbers/bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)