

Meal Plan: 11/22-11/28/21

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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 - leftover Black Pepper Chicken from ([last week's meal plan](#)) over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)
- S - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg.
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce on the side with water to drink (S)

Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - Just Like Campbell's Tomato Soup with fresh veggies and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - leftover (3) Pay Off Day Candies with [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. 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 Crockpot Buffalo Chicken over salad with water to drink (S)
- S - leftover (3) Pay Off Day Candies 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 - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - Thanksgiving Meal (XO)
- S - leftover (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - leftover Thanksgiving Meal (XO) If you are not in the US, plan on [Hearty Two Bean and Lentil Chili](#) (E)

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 - leftover Thanksgiving Meal (XO)
- S - leftover (3) Pay Off Day Candies with [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 - a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cancun Chicken over cauliflower rice with water to drink (FP) pg. 117 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 - Celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)