

Meal Plan: 12/27/21-1/2/22

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Monday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - leftover Wicked White Chili (from [last week's meal plan](#)) with water to drink (E)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Tuesday:

- 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 - (3) deli meat roll ups (3 oz lean deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with cucumbers, bell peppers and dill pickles on the side and water to drink (S)
- S - (2) hard-boiled eggs with 1/4 c. blueberries on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lentil Soup for the Soul](#) with water to drink (E)

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 [Lentil Soup for the Soul](#) with water to drink (E)
- S - a handful of almonds and strawberries on the side with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Thursday:

- 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 Chicken Fried Double Rice with water to drink (E)
- S - 3 oz lean deli meat with dill pickles, cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- 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 [Creamy Taco Soup](#) with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S)

Saturday:

- B - [Refreshing Fruity Shake](#) (E)
- L - out to eat
- S - 3 oz lean deli meat with dill pickles, cucumbers and green bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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.

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 cucumber and bell pepper on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over cauli rice (FP) ***I'm doubling this recipe for my family size.