

Meal Plan: 1/3-1/9/22

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 [Sweet & Spicy Stir-fry](#) over cauliflower rice (leftover from [last week's meal plan](#)) with water to drink (FP)
- 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 - 1/2 c. old fashioned oats 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 - a 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 - World's Laziest Lasagna Skillet with a side salad and water to drink (S) pg. 69 [Trim Healthy Table](#)

Wednesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover World's Laziest Lasagna Skillet 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 - Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Thursday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- 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 - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

- B - 1/2 c. old fashioned oats 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 [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - 3 oz lean deli meat with a dill pickle, cucumber and green bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - out to eat
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Creamy Jalapeno Popper Chicken Thighs](#) with broccoli on the side and water to drink (S)

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 cucumbers and bell peppers on the side with water to drink (S)
- S - 3 oz lean deli meat with a dill pickle, cucumber and green bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Black Pepper Chicken over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)