

Meal Plan: 1/10-1/16/22

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Monday:

- B - (3) scrambled eggs and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - leftover Black Pepper Chicken (from [last week's meal plan](#)) with water to drink (FP)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

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 - (3) deli meat roll ups - 3 oz lean deli meat, sliced cheese, mustard & mayo wrapped in Romaine lettuce leaves with a dill pickle, cucumber and green bell peppers on the side with water to drink (S)
- S - a handful of almonds and strawberries 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.

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 - a large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Thursday:

- B - (3) scrambled eggs and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Creamy Taco Soup](#) with water to drink (S)

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 - a large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Dr. 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 and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - out to eat
- S - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Easy Cheesy Bacon Chicken](#) with steamed broccoli with water to drink (S)

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 - (3) deli meat roll ups - 3 oz lean deli meat, sliced cheese, mustard & mayo wrapped in Romaine lettuce leaves with a dill pickle, cucumber and green bell peppers on the side with water to drink (S)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)