

Meal Plan: 1/17-1/23/22

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Monday:

- 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 Chicken Fried Double Rice (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](#), lettuce, cheddar cheese, salsa and sour cream with water to drink (S)

Tuesday:

- B - 1/2 c. 0% plain Greek yogurt mixed with frozen mixed berries and 1 t. [Super Sweet](#) with water to drink (FP)
- L - Just Like Campbell's Tomato Soup with cucumbers and green bell peppers with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Dreamy Chicken Lazone over cauliflower rice with green beans on the side with water to drink (S) pg. 50 in [Trim Healthy Table](#)

Wednesday:

- 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 Dreamy Chicken Lazone with a side salad and water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Instant Pot Kielbasa & Cabbage](#) with a side salad and water to drink (S)

Thursday:

- B - [Refreshing Fruity Shake](#) (E)
- L - large salad topped with (2) hard-boiled eggs with Ranch dressing and water to drink (S)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) and water to drink (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 [Hearty Two Bean and Lentil Chili](#) and water to drink (E)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Cherry Cola Zevia](#) (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 - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)
- D - Cabbage Roll in a Bowl with broccoli with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Sunday:

- B - (3) scrambled eggs and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - leftover Cabbage Roll in a Bowl with broccoli with water to drink (FP)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Chicken Stir-fry](#) (I'm using (2) bags of frozen stir-fry veggies) over cauliflower rice with water to drink (FP)