

## Meal Plan: 1/24-1/30/22

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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 [Chicken Stir-fry](#) over cauliflower rice (from [last week's meal plan](#)) with water to drink (FP)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Zesty Salsa Chicken and Black Bean Casserole](#) with lettuce on the side and water to drink (E)

### 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 - (3) deli meat roll ups - 3 oz lean deli meat, cheese, mayo, mustard rolled up in a romaine lettuce leaf - with cucumbers and bell peppers on the side with water to drink (S)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Spaghetti meat sauce over cauli rice and with a side salad with 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. 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 - 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 - Totally Dope Chicken over salad with water to drink (S) pg. 104 in [Trim Healthy Table](#)

### Thursday:

- B - (3) scrambled eggs and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - leftover Totally Dope Chicken over salad with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

### 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 Trim Zuppa Toscana 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 [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 and 1/2 of a zucchini sautéed in butter with water to drink (S)
- L - out to eat
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

### 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 - leftover Cowboy Grub with water to drink (E)
- S - a cheese stick with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)