

Meal Plan: 2/7-2/13/22

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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 (leftover from Sunday night) 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 - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)
- 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 - 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 - [Chicken and Chickpea Stew](#) with water to drink (E)

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 [Chicken and Chickpea Stew](#) with water to drink (E)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Tuscan Cream Chicken over cauli rice with a side salad with water to drink (S) pg. 72 in [Trim Healthy Table](#)

Thursday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Tuscan Cream Chicken over cauli rice with a side salad with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- B - (3) scrambled eggs and a zucchini sautéed in butter with water to drink (S)
- L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- 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.

Saturday:

- B - [Strawberry Oatmeal Smoothie](#) (E)
- L - out to eat
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cabb & Saus Skillet with broccoli on the side with water to drink (S) pg. 58 in [THM Cookbook](#)

Sunday:

- 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- 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 - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)