

Meal Plan: 3/21-3/27/22

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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 - (3) deli meat roll ups (deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers, cucumbers and dill pickles on the side with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - Just Like Campbell's Tomato Soup with bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Easy E Crock Pot Chicken](#) with broccoli on the side and water to drink (E)

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 - leftover [Easy E Crock Pot Chicken](#) with broccoli on the side and water to drink (E)
- S - cheese stick with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Slow Cooker Italian Beef & Cabbage](#) with a side salad and water to drink (S)

Thursday:

- B - (3) scrambled eggs sautéed in butter with strawberries on the side and water to drink (S)
- L - (3) deli meat roll ups (deli meat, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers, cucumbers and dill pickles on the side with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Hearty Two Bean and Lentil Chili](#) 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 [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S - 3 oz lean deli meat with dill pickles on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 - [Peanut Butter Milkshake](#) (S)
- L - out to eat
- S - cheese stick with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

- B - (3) scrambled eggs sautéed in butter with strawberries on the side and water to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - [Thin Mint Shake](#) (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)