

Meal Plan: 4/4-4/10/22

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Monday:

B - [Peanut Butter Milkshake](#) (S)

L - large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

S - cheese stick with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side with water to drink (E)

Tuesday:

B - (3) scrambled eggs sautéed in butter with strawberries on the side and water to drink (S)

L - (3) deli meat roll ups (3 oz lean 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 - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) pg. 85 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 Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - Save Your Waistline Crockpot Lasagna with a side salad with water to drink (S) pg. 86 in [Trim Healthy Table](#)

Thursday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Save Your Waistline Crockpot Lasagna with a side salad with water to drink (S)

S - 3 oz lean deli meat with dill pickles on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Jalapeno Chicken Bacon Chowder](#) 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 - 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 - [Fathead Pizza](#) with [Grapefruit 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 sautéed in butter with strawberries on the side and water to drink (S)

L - out to eat

S - 3 oz lean deli meat with dill pickles on the side and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Quinoa Goes Cajun with water to drink (E) pg. 69 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 Quinoa Goes Cajun with water to drink (E)

S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family size.