

Monday:

- B - (3) scrambled eggs cooked in butter with a sautéed zucchini and water to drink (S)
- L - leftover [Sweet & Spicy Stir-fry](#) over brown rice ([from last week's meal plan](#)) with water to drink (E)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Burrito Bowls – [Chili Lime Black Beans](#) , [Brown Spanish Rice](#) and topped with lettuce and salsa with water to drink (E)

Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Burrito Bowls – [Chili Lime Black Beans](#) , [Brown Spanish Rice](#) and topped with lettuce and salsa with water to drink (E)
- S - celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Stew of Love with water to drink (S) pg. 101 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 Stew of Love with water to drink (S)
- S - 3 oz lean deli meat with dill pickles and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - World's Laziest Lasagna Skillet with side salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover World's Laziest Lasagna Skillet with side salad and water to drink (S)
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Creamy Taco Soup](#) 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 - (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 - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and frozen mixed berries with [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 - (3) scrambled eggs cooked in butter with a sautéed zucchini and water to drink (S)
- L - out to eat
- S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and frozen mixed berries with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Zesty Salsa Chicken and Black Bean Casserole](#) with water to drink (E)

Sunday:

- B - (3) scrambled eggs cooked in butter with a sautéed zucchini and water to drink (S)
- L - **Easter Meal** - ham, mashed potatoes, green beans and corn with water to drink (XO) ***On the meal plan you'll see all of these items listed. If you do NOT want to follow this meal make sure you OMIT those items from the grocery list.
- S - not snack as we'll be eating mid-day
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)