

Meal Plan: 5/15-5/21/22

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Monday:

B – [Peanut Butter Cup Shake](#) (S)

L – leftover Coconut Thai Chicken (leftover from last week) with water to drink (S)

S – a cheese stick and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Burrito Bowls – black beans, [Brown Spanish Rice](#) and topped with lettuce and salsa with water to drink (E)

Tuesday:

B – [Thin Mint Shake](#) (S)

L – (3) ham roll ups (deli ham, sliced cheese, mayo and mustard rolled up in Romaine lettuce leaves) with bell peppers and cucumbers on the side with water to drink (S)

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Salsa Verde Chicken](#) over salad with water to drink (FP)

Wednesday:

B – (3) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L – leftover [Salsa Verde Chicken](#) over salad with water to drink (FP)

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

B – oatmeal mixed with 1 t. [Super Sweet](#) and strawberries with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L – leftover World's Laziest Lasagna Skillet with broccoli on the side and water to drink (S)

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

D – Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Friday:

B – [Refreshing Fruity Shake](#) (E)

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

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

D – [Fathead Pizza](#) with [Zevia Cola](#) 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 strawberries on the side with water to drink (S)

L – out to eat

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Creamy Chicken Rice Casserole](#) with water to drink (E)

Sunday:

B – oatmeal mixed with 1 t. [Super Sweet](#) and strawberries with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L – leftover [Creamy Chicken Rice Casserole](#) with water to drink (E)

S – a cheese stick and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)