

Meal Plan: 7/11-7/17/22

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Monday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – leftover Cabb & Saus Skillet with salad (S) ***This is from [last week's meal plan](#) so the ingredients are NOT included on this week's plan. pg. 58 in [THM Cookbook](#)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Lovin' Tex Mex Skillet](#) with water to drink (E)

Tuesday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover [Lovin' Tex Mex Skillet](#) with water to drink (E)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Crockpot Buffalo Chicken over salad with water to drink (S) pg. 92 in [Trim Healthy Table](#)

Wednesday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – leftover Crockpot Buffalo Chicken over salad with water to drink (S)
- S – celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Spaghetti meat sauce over cauli rice and with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Thursday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple and cinnamon with water to drink (E)
- D – [Easy Gluten Free Black Bean Chicken Salad](#) with water to drink (E)

Friday:

- B – [Refreshing Fruity Shake](#) (E)
- L – (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies on the side and water to drink (S)
- S – handful of almonds and 1/2 c. blueberries with [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 – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – leftover [Fathead Pizza](#) with [Zevia Cola](#) to drink (S)
- S – celery with peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Grilled chicken breasts over brown rice with broccoli on the side and water to drink (E)

Sunday:

- B – [Peanut Butter Milkshake](#) (S)
- L – out to eat
- S – handful of almonds and 1/2 c. blueberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Cabbage Roll in a Bowl with green beans on the side and water to drink (FP) pg. 57 in [Trim Healthy Table](#)