

Meal Plan: 9/5-9/11/22

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Monday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)

L – leftover Trim Mac Salad (S) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list. You can find the recipe on pg. 181 in [THM Cookbook](#)

S – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

Tuesday:

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

D – [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Wednesday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with water to drink (E)

L – leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

S – a slice of cheese, (3) pieces of deli ham and a dill pickle 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 – [Thin Mint Shake](#) (S)

L – large salad topped with (2) hard-boiled eggs and Ranch dressing 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 – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

S – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Fathead Pizza](#) with [Black Cherry 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 – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

L – out to eat

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 of 7

Sunday:

B – [Refreshing Fruity Shake](#) (E)

L – leftover [Fathead Pizza](#) with [Black Cherry Zevia](#) to drink (S)

S – (2) hard-boiled eggs and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)

D – Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)