

Meal Plan: 9/12-9/18/22

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Monday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L – leftover Ranch Hand Taco Salad ([from last week's meal plan](#)) with water to drink (E) pg. 200 in [Trim Healthy Table](#)
- S – a cheese stick with strawberries and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Chicken Fajita Rice Bowl](#) with water to drink (E)

Tuesday:

- 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 [Chicken Fajita Rice Bowl](#) with water to drink (E)
- S – (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D – [Italian Sausage & Squash Soup](#) with water to drink (S)

Wednesday:

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover [Italian Sausage & Squash Soup](#) with water to drink (S)
- S – (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – World's Laziest Lasagna Skillet with salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – leftover World's Laziest Lasagna Skillet with salad and water to drink (S)
- S – (2) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

- 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 Zuppa Toscana Soup with water to drink (S)
- S – (2) leftover Pay Off Day Candies 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 – [Thin Mint Shake](#) (S)
- L – out to eat
- S – (2) hard-boiled eggs and with strawberries and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Sunday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L – leftover Chicken Fried Double Rice with water to drink (E)
- S – an apple and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (E)
- D – [Taco Salad Crunch](#) with water to drink (E)