

Meal Plan: 10/3-10/9/22

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Monday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover [Chicken Lettuce Wraps with Peanut Sauce](#) and broccoli on the side with water to drink (S) ***This is leftover from last week's meal plan so the ingredients are not included on this week's shopping list.
- S – [Peanut Butter Milkshake](#) (S)
- D – [Lovin' Tex Mex Skillet](#) 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 – (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies and dill pickles on the side and water to drink (S)
- S – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Creamy Verde Chicken Chili with water to drink (S) pg. 78 in [Trim Healthy Table](#)

Wednesday:

- B – oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with Sweet & Spicy tea with a [scoop of collagen](#) mixed in to drink (E)
- L – leftover Creamy Verde Chicken Chili with water to drink (S)
- S – a cheese stick, dill pickle and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S)

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 and dill pickles on the side and water to drink (S)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

- B – [Peanut Butter Milkshake](#) (S)
- L – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S – (2) hard-boiled eggs with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Grape 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 – oatmeal mixed with 1 t. [Super Sweet](#) and an apple sprinkled with cinnamon with Sweet & Spicy tea with a [scoop of collagen](#) mixed in to drink (E)
- L – out to eat
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Cabb & Saus Skillet with green beans on the side with water to drink (S) pg. 58 in [THM Cookbook](#)

Sunday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Cabb & Saus Skillet with green beans on the side with water to drink (S)
- S – a cheese stick with bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family of 8