

Meal Plan: 10/17-10/23/22

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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 Fried Double Rice with water to drink (E) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's plan.
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa and water to drink (S)

Tuesday:

- 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 – (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 – [Instant Pot Kielbasa and Cabbage](#) with a side salad and water to drink (S)

Wednesday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S – (2) hard-boiled eggs with veggies on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Chicken Florentine over Zoodles with broccoli on the side and water to drink (S) pg. 46 in [THM Cookbook](#)

Thursday:

- B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Chicken Florentine over Zoodles with broccoli on the side and water to drink (S)
- S – a handful of pistachios and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

- B – [Peanut Butter Cup Shake](#) (S)
- L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 – (2) hard-boiled eggs with veggies on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S) pg. 82 in [Trim Healthy Table](#)

Sunday:

- B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)
- L – leftover Teriyaki Beef & Broccoli over cauliflower rice with water to drink (S)
- S – a handful of pistachios and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Black Pepper Chicken over cauliflower rice with water to drink (FP) pg. 68 in [Trim Healthy Table](#)