

## Meal Plan: 11/21-11/27/22

### Monday:

B – [Peanut Butter Milkshake](#) (S)

L – large salad topped with (2) hard-boiled eggs with Ranch dressing and water to drink (S)

S – string cheese with cucumbers and green bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Burrito Bowls – (2) cans of black beans, lettuce and salsa on top of [Brown Spanish Rice](#) and water to drink (E)

### 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 – leftover Teriyaki Beef & Broccoli over cauliflower rice (S) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT included in this week's shopping list. You can find the recipe on pg. 82 in [Trim Healthy Table](#)

S – celery with peanut butter and [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 and [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 – 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, S & D – **Happy Thanksgiving** – I'll be eating the meal or leftovers in some form for lunch, snack and dinner!

### Friday:

B – (2) scrambled eggs cooked in butter with (2) sausage links and water to drink (S)

L – Thanksgiving leftovers

S – Winter Wonderland Sip (FP)\*\*\*I'm serving this warm pg. 405 in [THM Cookbook](#)

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 – out to eat

S – [Peanut Butter Whip](#) (S)

D – Chicken Sausage Gumbo with water to drink (E) pg. 89 in [Trim Healthy Table](#)

### Sunday:

B – (2) scrambled eggs cooked in butter with (2) sausage links and water to drink (S)

L – leftover Chicken Sausage Gumbo with water to drink (E)

S – string cheese with cucumbers and green bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)