

Trim Healthy Mama Meal Plan: 11/28-12/4/22

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Monday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with water to drink (S)
- L - leftover Chicken Fried Double Rice (leftover from [last week's meal plan](#)) with water to drink (E)
- S - celery with Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side with 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

Wednesday:

- B - (3) scrambled eggs cooked in butter with bell peppers and onions and water to drink (S)
- L - leftover Wicked White 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 - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S)

Thursday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 2 T. peanut butter with water to drink (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - 3 oz lean deli ham, dill pickles and fresh vegetables with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

- 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 Trim Zuppa Toscana Soup with water to drink (S)
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Easy Pizza Casserole with [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Saturday:

- B - (3) scrambled eggs cooked in butter with bell peppers and onions and water to drink (S)
- L - out to eat
- S - a handful of almonds and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Egg Roll in a Bowl Part Deux with water to drink (FP) pg. 63 in [Trim Healthy Table](#)

Sunday:

- 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 Egg Roll in a Bowl Part Deux with water to drink (FP)
- S - [Peanut Butter Whip](#) with water to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family size.