

## Meal Plan: 1/2-1/8/23

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### Monday:

- B – (2) eggs cooked in butter with (2) sausage links 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 and the ingredients are NOT included on this week's shopping list.
- S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [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 – [Peanut Butter Cup Shake](#) (S)
- L – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – a cheese stick, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [White Chicken Chili](#) with water to drink (E)

### Wednesday:

- B – (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L – leftover [White Chicken Chili](#) with water to drink (E)
- 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 with water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

### Thursday:

- B – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 – [Thin Mint Shake](#) (S)
- D – [Creamy Taco Soup](#) with water to drink (S)

### Friday:

- B – oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L – Just Like Campbell's Tomato Soup with fresh veggies with water to drink (S) pg. 112 in [THM Cookbook](#)
- S – deli ham slices, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Root Beer Zevia](#) (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 – [Peanut Butter Cup Shake](#) (S)
- L – out to eat
- S – a cheese stick, dill pickle and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Cabbage Roll in a Bowl with water to drink (FP) pg. 57 in [Trim Healthy Table](#)

### Sunday:

- B – oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)
- L – leftover Cabbage Roll in a Bowl with water to drink (FP)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Sesame Fix over cauli rice with broccoli on the side with water to drink (S)\*\*You can use almond flour in place of the Baking Blend\*\* pg. 119 in [Trim Healthy Future](#)