

Meal Plan: 1/9-1/15/23

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Monday:

B – [Reese Peanut Butter Cup Shake](#) (S)

L – leftover Sesame Fix over cauliflower rice with broccoli on the side with water to drink (S) ***This is leftover from last week's meal plan so the ingredients are NOT listed 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 – [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

B – (3) scrambled eggs cooked in butter with sautéed bell peppers and onions 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 – celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Garlic Rosemary Tomato Soup](#) with a side salad and water to drink (S)

Wednesday:

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 [Garlic Rosemary Tomato Soup](#) with a side salad and water to drink (S)

S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Cabbage Lasagna](#) with a side salad and water to drink (S)

Thursday:

B – [Thin Mint Shake](#) (S)

L – leftover [Cabbage Lasagna](#) with a side salad and water to drink (S)

S – a handful of almonds and bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Italian White Bean and Spinach Soup](#) with water to drink (E)

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 – leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S – Cottage Berry Whip (I'm using mixed berries) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 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 – (3) scrambled eggs cooked in butter with sautéed bell peppers and onions and water to drink (S)

L – out to eat

S – celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Shepherd's Pie Skillet with water to drink (S) pg. 132 in [Trim Healthy Future](#)

Sunday:

B – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L – leftover Shepherd's Pie Skillet with water to drink (S)

S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)

D – Egg Roll in a Bowl Part Deux with water to drink (E) pg. 63 in [Trim Healthy Table](#)