

Meal Plan: 1/16-1/22/23

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Monday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Egg Roll in a Bowl Part Deux with water to drink (E) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.
- S – 1/3 c. unsweetened applesauce mixed with cinnamon and 1 t. [Super Sweet](#), with 1/2 c. 2% cottage cheese and green bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (E)
- D – [Easy Mixed Rice & Beans](#) with water to drink (E)

Tuesday:

- 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 [Easy Mixed Rice & Beans](#) with water to drink (E)
- S – [Reese Peanut Butter Cup Shake](#) (S)
- D – [Italian Sausage & Squash Soup](#) with water to drink (S)

Wednesday:

- 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 – leftover [Italian Sausage & Squash Soup](#) with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side and water to drink (S)

Thursday:

- 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 – (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 – Pizzeria Tomato Soup with water to drink (S) pg. 150 in [Trim Healthy Table](#)

Friday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – out to eat
- S – 1/3 c. unsweetened applesauce mixed with cinnamon and 1 t. [Super Sweet](#), with 1/2 c. 2% cottage cheese and green bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (E)
- 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. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)
- L – leftover Pizzeria Tomato Soup with water to drink (S)
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Lemon Peppery Chicken with [Crunchy and Tangy Bacon Coleslaw](#) and broccoli on the side and water to drink (S) pg. 163 in [Trim Healthy Future](#)

Sunday:

- B – (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L – leftover Lemon Peppery Chicken with [Crunchy and Tangy Bacon Coleslaw](#) and broccoli on the side and water to drink (S)
- S – 1/2 c. 2% cottage cheese with green bell peppers, cucumbers and dill pickles with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm doubling this recipe for my family size.