

Trim Healthy Mama Meal Plan: 1/30-2/5/23

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Monday:

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 Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

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

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

S – 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D – [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

Wednesday:

B – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with water to drink (FP)

L – leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

S – (2) hard-boiled eggs with cucumbers and bell peppers with [Tropical Dreams Cider Pop](#) to drink (S)

D – Chicken Florentine over Zoodles with broccoli on the side with water to drink (S) pg. 46 in [THM Cookbook](#)

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 – leftover Chicken Florentine over Zoodles with a side salad and water to drink (S)

S – 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and strawberries with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Trim Zuppa Toscana with water to drink (S) pg. 86 in [THM Cookbook](#)

Friday:

B – [Refreshing Fruity Shake](#) (E)

L – leftover Trim Zuppa Toscana with water to drink (S)

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

D – [Fathead Pizza](#) with [Cherry Cola Zevia](#) 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 – (2) eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L – out to eat

S – 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Sunday:

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

L – leftover Cowboy Grub with water to drink (E)

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.