

Trim Healthy Mama Meal Plan: 2/20-2/26/23

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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 – leftover Sesame Fix with a side salad and water to drink (S) ***This is leftover from [last week's meal plan](#) so 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 – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with water to drink (S)

Tuesday:

B – [Peanut Butter Cup Shake](#) (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 – [Easy E Crock Pot Chicken](#) with broccoli on the side and water to drink (E)

Wednesday:

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

L – leftover [Easy E Crock Pot Chicken](#) with broccoli on the side and water to drink (E)

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

D – [Slow Cooker Italian Beef & Cabbage](#) with a side salad 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 – large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

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 – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Friday:

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

L – leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

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 – [Refreshing Fruity Shake](#) (E)

L – out to eat

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

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

Sunday:

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

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

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

D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)