

## Trim Healthy Mama Meal Plan: 5/8-5/14/23

darciesdish.com

### Monday:

- B – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L – salad topped with 3 oz deli ham and Ranch dressing with water to drink (S)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Spaghetti over [Zoodles](#) with a side salad and water to drink (S) \*\*\*My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

### Tuesday:

- B – [Peanut Butter Shake](#) (S)
- L – salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – cheese stick with a handful of almonds and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

### Wednesday:

- B – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – leftover Cowboy Grub with water to drink (E)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream and water to drink (S)

### Thursday:

- B – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L – salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – [Peanut Butter Cup Shake](#) (S)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

### Friday:

- B – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – salad topped with pepperoni and Ranch dressing with water to drink (S)
- S – 1/2 c 2% cottage cheese with bell pepper slices with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Cheesy Sausage Pasta Skillet](#) with a side salad and water to drink (S)

### Saturday:

- B – [Thin Mint Shake](#) (S)
- L – leftover Cheesy Sausage Pasta with water to drink (S)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D – [Fathead Pizza](#) with [Black Cherry 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.

### Sunday:

- B – 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L – leftover Fathead Pizza with water to drink (S)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Grilled burger wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) and green beans on the side with water to drink (S)