

## Trim Healthy Mama Meal Plan: 6/12-6/18/23

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### Monday:

B – [Thin Mint Shake](#) (S)

L – leftover Trim Zuppa Toscana Soup with water to drink (S) \*\*\*The ingredients for this meal are NOT included on this week's meal plan as this was leftover from last week.

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

D – [Chicken Fajita Rice Bowl](#) with lettuce and water to drink (E)

### Tuesday:

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

L – leftover [Chicken Fajita Rice Bowl](#) with lettuce and water to drink (E)

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

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

### Wednesday:

B – [Refreshing Fruity Shake](#) (E)

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

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

D – Spaghetti meat sauce over cauli rice with a side salad and water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

### Thursday:

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

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

D – Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)

### Friday:

B – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and a diced apple sprinkled with cinnamon and water to drink (E)

L – leftover Ranch Hand Taco Salad with water to drink (E)

S – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – [Fathead Pizza](#) with [Grape 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 – 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet](#) and 1/2 c. blueberries with water to drink (FP)

L – leftover [Fathead Pizza](#) with [Grape Zevia](#) to drink (S)

S – almonds and strawberries with [Tropical Dreams Cider Pop](#) to drink (S)

D – Grilled burgers wrapped in lettuce with broccoli and fresh veggies on the side with water to drink (S)

### Sunday:

B – (2) scrambled eggs cooked in butter with 1/2 c. blueberries 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 and [Tropical Dreams Cider Pop](#) to drink (FP)

D – Cabb & Saus Skillet with green beans on the side and water to drink (S) pg. 58 in [THM Cookbook](#)