

## Trim Healthy Mama Meal Plan: 7/3-7/9/23

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### Monday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L – leftover Ranch Hand Salad with water to drink (S) \*\*\*This salad is leftover from last week's meal plan. The ingredients are NOT included in this week's shopping list.
- S – celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D – Grilled chicken breasts over brown rice with steamed broccoli on the side with water to drink (E)

### Tuesday:

- B – [Peanut Butter Shake](#) (S)
- L – leftover grilled chicken, broccoli and rice with water to drink (E)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D – Cabb & Saus Skillet with water to drink (S) pg. 58 in the [THM Cookbook](#)

### Wednesday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L – salad topped with pepperoni and Ranch dressing with water to drink (S)
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D – Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)

### 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 – Grilled burgers wrapped in lettuce with fresh veggies and strawberries on the side with water to drink (S)
- S – Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Trim Mac Salad with water to drink (S) pg. 181 in [THM Cookbook](#) \*\*\*I do NOT fully assemble this salad so when I eat the leftovers for lunch the other day the lettuce is still crisp.

### Friday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side with water to drink (S)
- L – leftover Trim Mac Salad with water to drink (S)
- S – 1/2 c. 2 % cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Colorful Lentil Salad](#) with added chicken breasts and water to drink (E)

### Saturday:

- 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 – out to eat
- S – Peanut Butter Whip with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [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.

### Sunday:

- B – [Refreshing Fruity Shake](#) (E)
- L – leftover Fat Head Pizza with fresh veggies and water to drink (S)
- S – 1/2 c. 2 % cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Easy Slow Cooker Parmesan Wings](#) with green beans and salad on the side with water to drink (S)