

Trim Healthy Mama Meal Plan: 7/10-7/16/23

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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 – leftover [Easy Slow Cooker Parmesan Wings](#) with a side salad and water to drink (S) ***This was from [last week's menu](#) and the ingredients are NOT included on this week's shopping list.

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 – out to eat for my birthday

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)