

Trim Healthy Mama Meal Plan: 8/7-8/13/23

darciesdish.com

Monday:

- 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) ***This was from last week's meal plan and the ingredients are NOT included in the shopping list.
- S – 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Cheesy Sausage Pasta Skillet](#) with a side salad and water to drink (S)

Tuesday:

- B – [Thin Mint Shake](#) (S)
- L – egg salad (2 hard-boiled eggs mixed with mayo and mustard) with fresh veggies on the side and water to drink (S)
- S – [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Wednesday:

- 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 – Just Like Campbell's Tomato Soup with bell peppers and cucumbers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)
- S – celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D – World's Laziest Lasagna Skillet with a side salad with water to drink (S) pg. 69 in [Trim Healthy Table](#)

Thursday:

- B – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – leftover World's Laziest Lasagna with water to drink (S)
- 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](#)

Friday:

- 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 Chicken Fried Double Rice with water to drink (E)
- S – handful of almonds and a cheese stick 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)

Saturday:

- B – [Peanut Butter Shake](#) (S)
- L – out to eat
- S – Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch and freezing half for snack tomorrow.
- D – [Fathead Pizza](#) with [Orange 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 – (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L – leftover Fathead Pizza with fresh veggies on the side and water to drink (S)
- S – leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)