

Meal Plan: 8/12-8/18/19

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Monday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Black Bean Burrito Bowls (black beans, salsa and lettuce) on top of [Spanish Rice](#) with water to drink (E)
***This is from last week's meal plan so the ingredients will not be on this week's shopping list.
- 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 - Cabb & Saus Skillet with water to drink (S) pg. 58 in [THM Cookbook](#)

Tuesday:

- 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 Cabb & Saus skillet 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 - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

Wednesday:

- B - [Peanut Butter 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 - 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown 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 - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery with 2 T. peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Slow Cooker Steak Wraps](#) on low carb tortillas with fresh veggies on the side and water to drink (S) ***I'm doubling this recipe.

Friday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Steak Wraps with fresh veggies on the side and water to drink (S)
- S - almonds and fresh strawberries 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.

Saturday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Trim Mac Salad with water to drink (S)
- S - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Fathead Pizza](#) with [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 - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Crockpot Buffalo Chicken in a lettuce wrap with water to drink (S) pg. 92 in [Trim Healthy Table](#)