

Meal Plan: 2/15-2/21/21

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Monday:

B - [Snickers Hot Chocolate](#) (S)

L - leftover Sesame Fix over cauli rice with broccoli on the side with water to drink (S) ***This is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

B - (3) scrambled eggs cooked in butter with sauteed bell peppers and onions 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 and dill pickles on the side and water to drink (S)

S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Garlic Rosemary Tomato Soup](#) with a side salad and water to drink (S)

Wednesday:

B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L - leftover [Garlic Rosemary Tomato Soup](#) with a side salad and water to drink (S)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Cabbage Lasagna](#) with a side salad and water to drink (S)

Thursday:

B - [Thin Mint Shake](#) (S)

L - leftover [Cabbage Lasagna](#) with a side salad and water to drink (S)

S - a handful of almonds and bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Friday:

B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)

S - Cottage Berry Whip (I'm using mixed berries) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - (3) scrambled eggs cooked in butter with sauteed bell peppers and onions and water to drink (S)

L - out to eat

S - celery with a wedge of Light Laughing Cow Cheese and [Tropical Dreams Cider Pop](#) to drink (FP)

D - Shepherd's Pie Skillet with water to drink (S) pg. 132 in [Trim Healthy Future](#)

Sunday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L - leftover Shepherd's Pie Skillet with water to drink (S)

S - [Snickers Hot Chocolate](#) (S)

D - Egg Roll in a Bowl Part Deux with water to drink (E) pg. 63 in [Trim Healthy Table](#)