

# Meal Plan: 9/18-9/24/17

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## Monday:

B - (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)  
L - Cream & Crunch Apple Tuna Salad with water to drink (E) pg. 314 in [Trim Healthy Table](#) \*\*\*I do not like tuna fish so I am going to substitute a can of chicken for the tuna. The shopping list reflects this.  
S - cheese stick and a small handful of almonds with [Cider Pop](#) to drink (S)  
D - Chicken and Bacon Rice Casserole with steamed broccoli on the side and water to drink (S) pg. 140 in [Trim Healthy Table](#) \*\*\*I'm steaming frozen broccoli

## Tuesday:

B - Pint Oat Jar with Sweet & Spicy tea to drink (E) pg. 343 in [Trim Healthy Table](#) \*\*\*This makes 3 jars of oatmeal  
L - leftover Chicken and Bacon Rice Casserole with water to drink (S)  
S - celery with peanut butter with Cider Pop to drink (S)  
D - Taste of Home Casserole with a side salad dressed with Ranch and water to drink (S) pg. 144 in [Trim Healthy Table](#) \*\*\*I'm omitting the mushrooms, so if you like them, make sure to add them to your shopping list.

## Wednesday:

B - leftover Pint Oat Jar with water to drink (E)  
L - leftover Taste of Home Casserole with water to drink (S)  
S - [Peanut Butter Milkshake](#) (S)  
D - [Lovin' TexMex Skillet](#) with lettuce on the side and Cider Pop to drink (E)

## Thursday:

B - leftover Pint Oat Jar with Sweet & Spicy tea to drink (E)  
L - large salad topped with cheddar cheese, pepperoni slices and Ranch dressing with water to drink (S)  
S - [Refreshing Fruity Shake](#) (E)  
D - Crockpot Buffalo Chicken over lettuce with water to drink (S) pg. 92 in [Trim Healthy Table](#)

## Friday:

B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)  
L - leftover Crockpot Buffalo Chicken over lettuce with Cider Pop to drink (S)  
S - Cottage Berry Whip with water to drink (FP) pg. 374 in the [Trim Healthy Mama Cookbook](#) \*\*\*I'm making a double batch and freezing half for tomorrow's snack. Take it out of the freezer 10 minutes before you'd like to eat it.  
D - Easy Pizza Casserole with fresh veggies on the side with [Grape Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

## Saturday:

B - [Thin Mint Shake](#) (S)  
L - Whoop Whoop Soup with water to drink (S) pg. 148 in [Trim Healthy Table](#) \*\*\*This will feed my whole family two meals.  
S - leftover Cottage Berry Whip with water to drink (FP)  
D - out

## Sunday:

B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)  
L - leftover Whoop Whoop Soup with Cider Pop to drink (S)  
S - Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)  
  
D - Taco Salad - [ground beef](#), lettuce, salsa, cheddar cheese and sour cream with water to drink (S)