

# Meal Plan: 12/4-12/10/17

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## Monday:

B - [Refreshing Fruit Shake](#) - (E)

L - (2) scrambled eggs and a sausage link with water to drink (S) \*\*\*The chicken sausage from Al Fresco is a great brand.

S - cheese stick & handful of almonds with [Cider Pop](#) to drink (S)

D - [Barbacoa Chicken](#) served over lettuce and topped with sour cream and cheddar cheese with water to drink (S) \*\*\*The recipe is actually for beef, so I'm substituting 2 lbs. of boneless skinless chicken breasts.

## Tuesday:

B - [Snickers Hot Chocolate](#) with strawberries on the side (S)

L - leftover Barbacoa Chicken served over lettuce and topped with sour cream and cheddar cheese with water to drink (S)

S - (3) Pay-off Day Candies with Cider Pop to drink (S) pg. 381 in [Trim Healthy Mama Cookbook](#)

D - [CopyCat Olive Garden Minestrone Soup](#) with water to drink (E) \*\*\*Omit the pasta or use [Dreamfield's pasta](#)

## Wednesday:

B - [Peanut Butter Milkshake](#) (S)

L - [Sriracha Egg Salad](#) with fresh veggies on the side with water to drink (S) \*\*\*If you do not like spice omit the Sriracha

S - (3) leftover Pay-off day Candies with Cider Pop to drink (S)

D - Cowboy Grub with water to drink (E) pg. 59 in [Trim Healthy Mama Cookbook](#)

## Thursday:

B - (2) scrambled eggs & (1) sausage link with [Hot Cinnamon Spice tea](#) (S)

L - leftover Cowboy Grub with water to drink (E)

S - (3) leftover Pay-off Day Candies with Cider Pop to drink (S)

D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

## Friday:

B - Pint Oat Jar with water to drink (E) pg. 343 in [Trim Healthy Table](#) \*\*\*This makes 3 jars, so cut the recipe into thirds, or save 2 for another day.

L - Ham Roll-up: low-carb tortilla with deli ham, mustard, mayo, lettuce, and onion with fresh veggies on the side with water to drink (S)

S - (3) leftover Pay-Off Day Candies with Cider Pop to drink (S)

D - Easy Pizza Casserole with [Black Cherry Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

## Saturday:

B - (2) scrambled eggs & (1) sausage link with water to drink (S)

L - out

S - [Peanut Butter Cup Shake](#) (S)

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with water to drink (E) \*\*\*I'm omitting the chicken and adding an additional can of black beans.

## Sunday:

B - Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)

L - Salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)

S - cheese stick and strawberries with Cider Pop to drink (FP)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)