

## Meal Plan: 4/2-4/8/18

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### Monday:

- B - (2) scrambled eggs cooked in butter with 1/4 c. blueberries on the side with water to drink (S)
- L - Trim Zuppa Toscana with water to drink (S) pg. 86 in [Trim Healthy Mama Cookbook](#) \*\*\*I'm making a half batch of the recipe and omitted the okra as I could not find any. Add okra to the shopping list if you are able to find it in your area. I will be eating this most of the week for lunch.
- S - 2 c. air-popped popcorn and 1 oz. cheddar cheese with [Cider Pop](#) to drink (XO) \*\*\*I've been adding these [True Lime Black Cherry Limeade packets](#) to my Cider Pop and it tastes so good and refreshing.
- D - Spaghetti with meat sauce served over zoodles or Dreamfield's pasta with fresh veggies on the side and water to drink (S) \*\*\*Use [this gadget](#) to make zoodles.

### Tuesday:

- B - [Refreshing Fruity Shake](#) (E) \*\*\*This would be delicious with [strawberry protein powder](#) in place of unflavored or vanilla.
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - handful of nuts with celery and bell peppers on the side with Cider Pop to drink (S)
- D - Chicken Enchilada Skillet with lettuce and sour cream on the side with water to drink (S) pg. 22 in [Easy Keto Dinners](#)

### Wednesday:

- B - Big Bowl Cinnamon Oatmeal with water to drink (E) pg. 354 in [Trim Healthy Table](#) \*\*\*The original recipe calls for [Baobab powder](#), so make sure to add that in if you have some. I do not have any, so it is not reflected on the shopping list.
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - celery with 2 T. peanut butter with Cider Pop to drink (S)
- D - Award Winning Chili Pie with steamed broccoli on the side with water to drink (S) pg. 142 in [Trim Healthy Table](#)

### Thursday:

- B - (2) scrambled eggs cooked in butter with 1/4 c. blueberries on the side with water to drink (S)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - [Peanut Butter Cup Shake](#) (S)
- D - Crock Pot Buffalo Chicken over lettuce with Ranch dressing and water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Friday:

- B - [Peanut Butter Shake](#) (S)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in [Trim Healthy Mama Cookbook](#)
- D - Pizza Casserole with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S)

### Saturday:

- B - Big Bowl Cinnamon Oatmeal with water to drink (E) pg. 354 in [Trim Healthy Table](#)
- L - large salad with (2) hard boiled eggs, cheddar cheese and Ranch dressing with Cider Pop to drink (S)
- S - Cottage Berry Whip with water to drink (FP) pg. 374 in [Trim Healthy Mama Cookbook](#)
- D - Slow Cooker White Chicken Chili with water to drink (S) pg. 38 in [Easy Keto Dinners](#)

### Sunday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)
- L - out to eat
- S - celery with 2 T. peanut butter and Cider Pop to drink (S)
- D - Taco Salad - [ground beef taco meat](#), lettuce, cheddar cheese, onion and sour cream with water to drink (S)