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)