

Meal Plan: 4/9-4/14/18

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Monday:

- B - (2) scrambled eggs with ham & cheddar cheese with strawberries on the side and water to drink (S)
- L - Just Like Campbell's Tomato Soup with water to drink (S) pg. 112 in [Trim Healthy Mama Cookbook](#)
- S - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet](#) with water to drink (S)
- D - Taco Salad - [ground beef taco meat](#) served with lettuce, cheddar cheese, sour cream and salsa with [Cider Pop](#) to drink (S)

Tuesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Taco Salad with water to drink (S)
- S - 1/2 c. 0% Plain Greek Yogurt mixed with an apple, cinnamon and 1 t. [Super Sweet](#) with water to drink (E)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Wednesday:

- B - (2) scrambled eggs with ham & cheddar cheese with strawberries on the side with water to drink (S)
- L - Frisky Shake (E) pg. 472 in [Trim Healthy Table](#) ***Make sure to follow the directions for the E version.
- S - (2) [Peanut Butter Cups](#) with Cider Pop to drink (S) ***This makes 12 peanut butter cups so I will eat this for a few days for a snack.
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Thursday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Italian White Bean and Spinach Soup with water to drink (E)
- S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)
- D - Teriyaki Beef with Broccoli over Zucchini Noodles with water to drink (S) pg. 82 in Trim Healthy Table
***Use [this gadget](#) to make your zucchini noodles. My family will eat theirs over rice.

Friday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with an apple, cinnamon and 1 t. [Super Sweet](#) with water to drink (E)
- L - leftover Teriyaki Beef with Broccoli with water to drink (S)
- S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)
- D - Pizza Casserole with fresh veggies (bell pepper and cucumber) on the side with [Grapefruit Zevia](#) to drink (S)

Saturday:

- B - (2) scrambled eggs with ham & cheddar cheese with strawberries on the side with water to drink (S)
- L - out to eat
- S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)
- D - Save My Sanity Chili with water to drink (E) pg. 81 in [Trim Healthy Table](#) ***This is enough for my whole family to have it again for lunch tomorrow.

Sunday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet](#) with water to drink (S)
- L - leftover Save My Sanity Chili with water to drink (E)
- S - Speedy Chocolate Milk with a handful of almonds (S) pg. 457 in [Trim Healthy Table](#)
- D - Totally Dope Chicken wrapped in a Romaine lettuce leaf with cucumbers and bell peppers on the side with Cider Pop to drink (S) pg. 104 in [Trim Healthy Table](#)