

Meal Plan: 8/13-8/19/18

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Monday:

B – [Frosted Strawberry Limeade](#) (S)

L – (3) hard-boiled eggs mixed with 2 T. mayo and 1 t. mustard, salt and pepper with fresh veggies on the side and water 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 will eat the rest for snack tomorrow. Take it out of the freezer about 10 minutes before you want to eat it.

D – Steak Fajita Salads – [marinated steak](#), lettuce, cheddar cheese, sour cream, fajita peppers and onions and salsa with [Cider Pop](#) to drink (S)

Tuesday:

B – (2) scrambled eggs cooked in butter with strawberries on the side with [Sweet & Spicy tea](#) to drink (S)

L – leftover Steak Fajita salad with water to drink (S)

S – leftover Cottage Berry Whip with water to drink (FP)

D – Totally Dope Chicken with steamed broccoli and raw bell peppers on the side with Cider Pop to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

B – [Peanut Butter Milkshake](#) (S)

L – Quinoa Salad topped with canned and drained chicken breast with water to drink (E) pg. 232 in the [THM Cookbook](#). This salad is HUGE, so I'm cutting it in half and eating it for lunch for 3 days.

S – 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [Super Sweet Blend](#) with Cider Pop to drink (E)

D – Spaghetti with meat sauce and a side salad with Ranch dressing with water to drink (S) ***I will be using zucchini noodles for my spaghetti. I use [this gadget](#) to make them.

Thursday:

B – 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet Blend](#) with water to drink (S)

L – leftover Quinoa Salad with water to drink (E)

S – [Refreshing Fruity Shake](#) (E)

D – Cabbage Roll in a Bowl with green beans on the side and water to drink (S) pg. 59 in [Trim Healthy Table](#) ***I'm omitting the okra since I've been having a hard time finding it locally.

Friday:

B – [Reese Peanut Butter Cup Shake](#) (S)

L – leftover Quinoa Salad with water to drink (E)

S – Winter Wonderland Sip (served cold) with a handful of almonds (S) pg. 405 in the [THM Cookbook](#)

D – Pizza Casserole with fresh veggies on the side with [Black Cherry Bai Bubbles](#) to drink (S)

Saturday:

B – 1/2 c. 0% Plain Greek Yogurt mixed with an apple, cinnamon and 1 t. [THM Super Sweet](#) and water to drink (E)

L – out to eat

S – 1/2 c. 1% cottage cheese and fresh veggies with Cider Pop to drink (FP)

D – [Beefy & Cheesy Low-Carb Green Chile Bake](#) with a side salad with Ranch dressing and water to drink (S)

Sunday:

B – 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet](#) and water to drink (S)

L – [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This will serve my whole family

S – [Snickers Hot Chocolate](#) (S) ***I'm actually going to serve this cold over ice.

D – leftover Beefy & Cheesy Low-Carb Green Chile Bake with a side salad with Ranch and Cider Pop to drink (S)