

Meal Plan: 9/3-9/9/18

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Monday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet Blend](#) with water to drink (S)
- L - large salad topped with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Snickers Hot Cocoa](#) (S) ***I'm actually drinking this cold since it is still hot here.
- D - [Lovin' TexMex Skillet](#) with lettuce on the side and [Cider Pop](#) to drink (E)

Tuesday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [Trim Healthy Cookbook](#)
- S - celery with 2 T. peanut butter and Cider Pop to drink (S)
- D - Totally Dope Chicken in a lettuce wrap (I use the Romaine leaves from the heads) with green beans on the side and water to drink (S) pg. 104 in [Trim Healthy Table](#)

Wednesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Totally Dope Chicken in a lettuce wrap with strawberries on the side and water to drink (S)
- S - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [THM Super Sweet Blend](#) with water to drink (E)
- D - Family Cookout

Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)
- L - (3) Lunch Meat Wraps - deli ham wrapped in lettuce with mustard, mayo, cheese and lettuce with fresh veggies on the side and Cider Pop to drink (S)
- S - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [THM Super Sweet Blend](#) with water to drink (E)
- D - Taco Salad - [ground beef](#), lettuce, cheddar cheese, sour cream, salsa and onions with Cider Pop to drink (S) ***I make [refried beans](#) for the rest of my family but the ingredients are NOT on the shopping list.

Friday:

- B - [Strawberry Grapefruit Smoothie](#) (E)
- L - leftover Taco Salad with water to drink (S)
- S - celery with 2 T. peanut butter and Cider Pop to drink (S)
- D - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the [Trim Healthy Mama Cookbook](#)

Saturday:

- B - (2) scrambled eggs with ham and cheddar mixed in cooked in butter with water to drink (S)
- L - leftover Trim Zuppa Toscana Soup with water to drink (S) ***These leftovers are enough for my whole family.
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and water to drink (FP)
- D - Pizza Casserole with fresh veggies on the side and [Zevia Cherry Cola](#) to drink (S)

Sunday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [THM Super Sweet Blend](#) with water to drink (E)
- L - out to eat
- S - [Snickers Hot Chocolate](#) (S)
- D - Grilled Chicken Breasts with roasted vegetables and green beans with butter on the side and water to drink (S)