

Meal Plan: 10/15-10/21/18

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Monday:

- B - (2) scrambled eggs cooked in butter and (2) slices of bacon with water to drink (S)
- L - large salad topped with drained canned chicken breasts and Ranch dressing with water to drink (S)
- S - handful of peanuts and 1 oz cheddar cheese with [Cider Pop](#) to drink (S)
- D - Taco Salad - [seasoned](#) ground beef, lettuce, cheddar cheese, salsa and sour cream with water to drink (S)

Tuesday:

- B - Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - Mozzarella cheese stick and bell peppers with Cider Pop to drink (FP)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in [Trim Healthy Mama Cookbook](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) slices of bacon with water to drink (S)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers with Cider Pop to drink (FP)
- D - [5 Ingredient Cheesy Bacon Chicken](#) with steamed broccoli on the side with water to drink (S)

Thursday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Cheesy Bacon Chicken and steamed broccoli with water to drink (S)
- S - [Snickers Hot Chocolate](#) (S)
- D - Deconstructed Fajitas over lettuce and topped with cheddar cheese and sour cream with water to drink (S) pg. 56 in [Trim Healthy Table](#)

Friday:

- B - Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - leftover Deconstructed Fajitas with water to drink (S)
- S - handful of peanuts and 1 oz cheddar cheese with Cider Pop to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

Saturday:

- B - [Thin Mint Shake](#) (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers on the side (FP)
- D - Pizza Casserole with fresh vegetables on the side with [Black Cherry Zevia](#) to drink (S)

Sunday:

- B - Dannon Vanilla 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - [Comforting Chicken Soup](#) with water to drink (E) ***This will feed my whole family for lunch.
- D - [Crockpot Barbacoa Beef](#) over lettuce and topped with salsa, cheddar cheese and sour cream with water to drink (S)