

Meal Plan: 11/5-11/11/18

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Monday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and water to drink (S)

L - leftover Hearty Two Bean and Lentil Chili with water to drink (E) ***This was left over from [last week](#), so the ingredients are NOT reflected on this meal plan.

S - a cheese stick and small handful of almonds with [Cider Pop](#) to drink (S)

D - Spaghetti with meat sauce over Zoodles, a side salad with Ranch and water to drink (S) ***Use [this gadget](#) to make your zoodles.

Tuesday:

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

L - a large salad topped with (2) hard boiled eggs, Ranch dressing and cheddar cheese with water to drink (S)

S - [Snickers Hot Chocolate](#) (S)

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with lettuce on the side with Cider Pop to drink (E)

Wednesday:

B - (2) scrambled eggs cooked in butter, (2) sausage links and water to drink (S)

L - leftover Zesty Salsa Chicken & Black Bean Casserole with water to drink (E)

S - 1/2 c. 2% cottage cheese and bell peppers with Cider Pop to drink (FP)

D - 10 Minute Chinese Chicken Salad with water to drink (S) pg. 199 in [Trim Healthy Table](#)

Thursday:

B - [Peanut Butter Cup Shake](#) (S)

L - leftover Chinese Chicken Salad with water to drink (S)

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

D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and water to drink (S)

L - leftover Creamy Taco Soup (S)

S - [Snickers Hot Chocolate](#) (S)

D - Crock Pot Buffalo Chicken wrapped in Romaine lettuce leaves, fresh veggies on the side and Cider Pop to drink (S) pg. 92 in [Trim Healthy Table](#)

Saturday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 2 T. no-sugar-added peanut butter and 1 t. [Super Sweet Blend](#) with water to drink (S)

L - out to eat

S - 1/2 c. 2% cottage cheese and bell peppers with Cider Pop to drink (FP)

D - Pizza Casserole with fresh veggies on the side and [Watermelon Bai Bubbles](#) to drink (S) pg. 327 in the [original Trim Healthy Mama book](#)

Sunday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover Buffalo Chicken wrapped in Romaine lettuce leaves and water to drink (S)

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

D - [Crock Pot Barbacoa Beef](#) served over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)