

## Meal Plan: 11/12-11/18/18

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### Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Barbacoa beef over lettuce with water to drink (S) \*\*\*This was leftover from [last week's meal plan](#). The ingredients are NOT listed on the shopping list for this week.
- S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the [Trim Healthy Mama Cookbook](#)
- D - Trim Zuppa Toscana with water to drink (S) pg. 86 in the [Trim Healthy Mama Cookbook](#)

### Tuesday:

- B - 1/2 c. of 0% Plain Greek Yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with water to drink (E)
- L - leftover Trim Zuppa Toscana with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Chicken Double Fried Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

### Wednesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Chicken Double Fried Rice with water to drink (E)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Low Carb Beef & Cheese Enchiladas](#) with lettuce and sour cream on the side (S)

### Thursday:

- B - 1/2 c. of 0% Plain Greek Yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with water to drink (E)
- L - large salad topped with (2) hardboiled eggs and Ranch dressing with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in the [Trim Healthy Mama Cookbook](#)

### Friday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet Blend](#) with [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - [Snickers Hot Chocolate](#) (S)
- D - Classic Chicken and Rice Soup with water to drink (S) pg. 40 in [Keto Soups and Stews](#)

### Saturday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers on the side
- D - Pizza Casserole - layer sauce, toppings of your choice, cheese, sauce, toppings and cheese – bake at 350 for 20-25 minutes - with [Watermelon Lime Bai Bubbles](#) to drink (S)

### Sunday:

- B - [Snickers Hot Chocolate](#) (S)
- L - large salad topped with (2) hardboiled eggs and Ranch dressing with water to drink (S)
- S - 1/2 c. of 0% Plain Greek Yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with Cider Pop to drink (E)
- D - Lovin' TexMex Skillet with water to drink (E)