

Meal Plan: 11/19-11/25/18

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Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Peppermint tea](#) to drink (S)
- L - Trim Mac Salad with water to drink (S) pg. 180 in [Trim Healthy Mama Cookbook](#); ***I'm making a half batch of the salad and not assembling it. This way I can eat it 3 days for lunch and it won't get soggy.
- S - 1/2 c. 2% cottage cheese with bell peppers and [Cider Pop](#) to drink (FP)
- D - Teriyaki Beef & Broccoli of Caulirice with water to drink (S) pg. 82 in [Trim Healthy Table](#)

Tuesday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Trim Mac Salad with water to drink (S)
- S - [Snickers Hot Chocolate](#) (S)
- D - [Creamy Taco Soup](#) with water to drink (S)

Wednesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Trim Mac Salad with water to drink (S)
- S - 1/2 0% Plain Greek yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with Cider Pop to drink (E)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Thursday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Peppermint tea](#) to drink (S)
- L - Thanksgiving meal - I'm going to be sticking with as much meat and veggies as possible. I will definitely be crossing over, but I'm ok with that because it is a holiday and I'm still going to enjoy my time with my family and no panic about every single thing that goes in my mouth. I will bring my own dessert to have at snack time later. Also, if you do eat off plan during the holiday, just plan a day of good healthy S meals tomorrow.
- S - [Pumpkin Fluff](#) with Cider Pop to drink (S)
- D - Thanksgiving leftovers!

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Peppermint tea](#) to drink (S)
- L - Just Like Campbell's Tomato soup with fresh veggies and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - [Snickers Hot Chocolate](#) (S)
- D - Taco Salad - [ground beef](#), lettuce, sour cream, salsa and cheddar cheese with Cider Pop to drink (S)

Saturday:

- B - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with water to drink (E)
- L - out to eat
- S - [Peanut Butter Whip](#) (S)
- D - Easy Pizza Casserole with fresh veggies on the side and [Pink Grapefruit Bai Bubbles](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Sunday:

- B - [Peanut Butter Shake](#) (S)
- L - Queso Chicken Bake with fresh veggies on the side and water to drink (E) pg. 123 in [Trim Healthy Table](#) **This will feed my whole family.
- S - 1/2 c. 0% Plain Greek yogurt mixed with 1 t. [Super Sweet Blend](#), an apple and cinnamon with Cider Pop to drink (E)
- D - Whoop Whoop Soup with water to drink (S) pg. 149 in [Trim Healthy Table](#)