

Meal Plan: 11/26-12/2/18

darciesdish.com

Monday:

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

L - leftover Whoop Whoop Soup with water to drink (S) pg. 149 in [Trim Healthy Table](#) ***This was leftover from [last week's meal plan](#).

S - 1/2 c. 2% cottage cheese with bell peppers on the side and [Cider Pop](#) to drink (FP)

D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

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

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

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

D - Egg Roll in a Bowl with water to drink (S) pg. 62 in [THM Cookbook](#)

Wednesday:

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

L - leftover Egg Roll in a Bowl with water to drink (S)

S - 2 T. peanut butter and celery with Cider Pop to drink (S)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Thursday:

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

L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)

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

D - out to eat with my husband to celebrate our 15th wedding anniversary!

Friday:

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

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

S - [Peanut Butter Whip](#) with Cider Pop to drink (S)

D - Spaghetti with Meat Sauce with steamed broccoli on the side with water to drink (S) ***I'm using zucchini noodles in place of regular pasta and I use [this gadget](#) to make them.

Saturday:

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

L - out to eat

S - 1/2 c. 0% Plain Greek yogurt mixed with 2 T. peanut butter and 1 t. [Super Sweet Blend](#) with water to drink (S)

D - Easy Pizza Casserole with fresh veggies on the side and [Black Cherry Bai Bubbles](#) (at the time of this posting there is a 30% off coupon) to drink (S) pg. 126 in [Trim Healthy Table](#)

Sunday:

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

L - Taco Salad - [ground beef](#), lettuce, cheddar cheese, salsa and sour cream with water to drink (S) ***This will feed my whole family.

S - Cottage Berry Whip with water to drink (FP) pg. 374 in [THM Cookbook](#)

D - Crispy Baked Buffalo Chicken with steamed broccoli and green beans on the side with water to drink (S) pg. 236 in [The Everday Ketogenic Kitchen](#) ***I'm using frozen broccoli and green beans.