

Meal Plan: 12/3-12/9/18

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Monday:

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

L - Trim Mac Salad with water to drink (S) pg. 180 in the [Trim Healthy Mama Cookbook](#) ***I'm cutting this recipe in half. I also do not fully assemble the salad so that I can eat it for lunch for a few days without it getting soggy. This will be my lunch for 3 days.

S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the [Trim Healthy Mama Cookbook](#) ***This makes enough for 4 days worth of snacks.

D - [Fiesta Quinoa Chicken Skillet](#) with water to drink (E)

Tuesday:

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 - leftover Trim Mac Salad with water to drink (S)

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

D - Trim Zuppa Toscana with water to drink (S) pg. 86 in the [Trim Healthy Mama Cookbook](#)

Wednesday:

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

L - leftover Trim Mac Salad with water to drink (S)

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

D - [Sweet & Spicy Stir-fry](#) over quinoa with water to drink (E)

Thursday:

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 - leftover Zuppa Toscana Soup with water to drink (S)

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 with water to drink (S)

Friday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Low-carb Beef & Cheese Enchiladas with water to drink (S)

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

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

Saturday:

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

L - out to eat

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

D - Easy Pizza Casserole with fresh veggies on the side and [Bogota BlackBerry Bai Bubbles](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Sunday:

B - [Thin Mint Shake](#) (S)

L - leftover Cream Taco Soup (S)

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

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