

Meal Plan: 12/17-12/23/18

darciesdish.com

Monday:

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

L - Trim Mac Salad with water to drink (S) pg. 181 in [Trim Healthy Mama Cookbook](#) ***I'm making a half batch of the salad but not putting it all together. This will make 4 lunches for me.

S - cheese stick with bell pepper slices and [Cider Pop](#) to drink (FP)

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

Tuesday:

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

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

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

D - Spaghetti with Meat Sauce over [Zoodles](#) with a side salad and water to drink (S)

Wednesday:

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

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

S - cheese stick with bell pepper slices and Cider Pop to drink (FP)

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

Thursday:

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

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

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

D - Bacon, Spinach and Feta Frittata with a side salad and water to drink (S) pg. 248 in [The Everyday Ketogenic Kitchen](#)

Friday:

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

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

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

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

Saturday:

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

L - out to eat

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

D - Easy Pizza Casserole with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

Sunday:

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

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

S - cheese stick with bell pepper slices and Cider Pop to drink (FP)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)