

Meal Plan: 1/7-1/13/19

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Monday:

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

L - Egg Salad with fresh veggies on the side and water to drink (S) ***To make the egg salad I use (3) diced hard boiled eggs mixed with mayo, mustard, salt, pepper and paprika.

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

D - Skillet Yumzetti and a side salad with Ranch with water to drink (S) pg. 117 in [Convenient Food](#)

Tuesday:

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

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

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

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

Wednesday:

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

L - (3) ham & lettuce roll-ups with fresh veggies on the side and water to drink (S) ***To make the ham and lettuce roll-ups take a whole Romaine lettuce leave and spread mustard and mayo on it and place (3) slices of deli ham (I like the Never Any! brand at Aldi or Hormel Naturals) and a sprinkle of cheddar cheese (or whatever kind you like) inside. Roll it up and enjoy!

S - [Snickers Hot Chocolate](#) (S)

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

Thursday:

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

L - leftover Trim Zuppa Toscana with water to drink (S)

S - a cheese stick with bell peppers and Cider Pop to drink (FP)

D - Spaghetti with Meat Sauce over [Zoodles](#) with a side salad and water to drink (S) ***The rest of my family will eat their spaghetti over regular pasta.

Friday:

B - (2) scrambled eggs cooked in butter with (2) sausage patties on the side with [Hot Cinnamon Spice tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

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

D - Taco Salad - [seasoned ground beef](#), lettuce, salsa, cheddar cheese and sour cream with water to drink (S)

Saturday:

B - [Snickers Hot Chocolate](#) (S)

L - out to eat

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

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

Sunday:

B - (2) scrambled eggs cooked in butter with (2) sausage patties on the side with [Hot Cinnamon Spice tea](#) to drink (S)

L - [Slow Cooker Italian Beef and Cabbage](#) with a side salad with Ranch and water to drink (S) ***This will feed my whole family.

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

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