

## Meal Plan: 1/14-1/20/19

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### Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Hearty Two Bean and Lentil Chili with water to drink (E) \*\*\*The ingredients are not included on the shopping list as this was leftover from [last week's meal plan](#).
- S - celery with peanut butter and [Cider Pop](#) to drink (S)
- 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 [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 and a handful of cashews with Cider Pop to drink (S)
- D - World's Laziest Lasagna Skillet with a small side salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

### Wednesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover World's Laziest Lasagna with water to drink (S)
- S - (1) hard boiled egg and fresh veggies with Cider Pop to drink (S)
- D - Black Pepper Chicken with water to drink (FP) pg. 68 in [Trim Healthy Table](#)

### Thursday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Black Pepper Chicken with water to drink (FP)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D - [Creamy Taco Soup](#) with water to drink (S)

### Friday:

- 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 - Just Like Campbell's Tomato soup with fresh veggies on the side and water to drink (S) pg. 112 in [Trim Healthy Mama Cookbook](#)
- S - a cheese stick and a handful of cashews with Cider Pop to drink (S)
- D - [Easy Cheesy Bacon Chicken](#) with steamed broccoli on the side and water to drink (S) \*\*\*I'm using frozen broccoli.

### Saturday:

- B - [Thin Mint Shake](#) (S)
- L - out to eat
- S - Cottage Berry Whip with Cider Pop to drink (FP) \*\*\*I'm making a double batch of this and freezing half for tomorrow's snack. pg. 374 in [THM Cookbook](#)
- D - Easy Pizza Casserole with fresh veggies on the side and [Zevia Cola](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

### Sunday:

- 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 - large salad with (2) hard boiled eggs, cheddar cheese and Ranch dressing on top with water to drink (S)
- S - leftover Cottage Berry Whip with Cider Pop to drink (FP)
- D - Creamy Broccoli Bacon Chowder with water to drink (S) pg. 138 in [Convenient Food](#)