

Meal Plan: 1/21-1/27/19

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

D - [Creamy Jalapeno Popper Chicken Thighs](#) with steamed broccoli on the side and water to drink (S)

Tuesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links and [Hot Cinnamon Spice tea](#) to drink (S)

L - leftover Creamy Jalapeno Popper Chicken Thighs over lettuce with water to drink (S)

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E) ***I'm using frozen broccoli in place of the fresh.

Wednesday:

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

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

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

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

Thursday:

B - [Lemon Smoothie](#) (FP)

L - cheese quesadilla (made with a low carb tortilla) with fresh veggies, salsa and sour cream on the side (S)

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

D - Spaghetti with meat sauce over [Zoodles](#) with a side salad and water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Friday:

B - Hash N' Eggs with water to drink (S) pg. 335 in [Trim Healthy Table](#)

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

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

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

Saturday:

B - Pint Jar Chia with water to drink (S) pg. 352 in [Trim Healthy Table](#) ***This makes 3 jars worth.

L - out to eat

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

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

Sunday:

B - leftover Pint Jar Chia with water to drink (S) pg. 352 in [Trim Healthy Table](#)

L - Quick Rip Hearty Kale Salad with water to drink (E) pg. 308 in [Trim Healthy Table](#)

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

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with water to drink (E)