

## Meal Plan: 1/28-2/3/19

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### Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - leftover [Zesty Salsa Chicken & Black Bean Casserole](#) with lettuce on the side and water to drink (E) \*\*\*This was from [last week's meal plan](#), so the ingredients are NOT included on the shopping list.
- S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - [Easy Cheesy Bacon Chicken](#) with steamed broccoli on the side and water to drink (S)

### Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Easy Cheesy Bacon Chicken with steamed broccoli on the side and water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Lovin' TexMex Skillet](#) with lettuce on the side and 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 - Egg Salad (3 hard boiled eggs mixed with mayo, mustard, salt and pepper) with fresh veggies (bell peppers and cucumber) on the side with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Teriyaki Beef & Broccoli with cauli rice on the side and water to drink (S) pg. 82 in [Trim Healthy Table](#)

### Thursday:

- B - [Snickers Hot Chocolate](#) (S)
- L - leftover Teriyaki Beef & Broccoli over cauli rice with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

### Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - leftover Italian White Bean and Spinach Soup with water to drink (E)
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D - [Low Carb Beef & Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

### Saturday:

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

### Sunday:

- 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 - a cheese stick and handful of almonds with Cider Pop to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)