

## Meal Plan: 2/4-2/10/19

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### Monday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Chicken Fried Double Rice with water to drink (E) \*\*\*This was leftover from [last week's meal plan](#), so the ingredients are NOT included on the shopping list for this week.
- S - 1/2 c. 2% cottage cheese with bell pepper slice and [Cider Pop](#) to drink (FP)
- D - Spaghetti with meat sauce over [Zoodles](#) with a side salad and water to drink (S) \*\*\*My family will eat their's over regular pasta and that is NOT on the shopping list.

### Tuesday:

- B - [Snickers Hot Chocolate](#) (S)
- L - large salad topped with (2) hard boiled eggs, Ranch dressing and cheddar cheese with water to drink (S)
- S - a cheese stick with bell pepper slices and Cider Pop to drink (FP)
- D - Slow Cooker Salsa Verde Chicken with lettuce on the side with water to drink (FP) pg. 160 in [Convenient Food](#)

### Wednesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Slow Cooker Salsa Verde Chicken with lettuce on the side with water to drink (FP)
- 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 - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Hot Cinnamon Spice tea](#) to drink (S)
- L - leftover Trim Zuppa Toscana Soup with water to drink (S)
- S - celery with 2 T. of peanut butter and Cider Pop to drink (S)
- D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

### 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 - leftover Cowboy Grub with water to drink (E)
- S - [Snickers Hot Chocolate](#) (S)
- D - Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa with awter to drink (S)

### Saturday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side with [Hot Cinnamon Spice tea](#) to drink (S)
- L - out to eat
- S - Winter Wonderland Sip and a handful of almonds (S) pg. 405 in the [Trim Healthy Mama 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 topped with (2) hard boiled eggs, Ranch dressing and cheddar cheese with water to drink (S)
- S - a cheese stick with bell pepper slices and Cider Pop to drink (FP)
- D - Totally Dope Chicken over lettuce with water to drink (S) pg. 104 in [Trim Healthy Table](#)