

Meal Plan: 2/11-2/17/19

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Monday:

B - Sausage, onion and kale skillet with water to drink (S) ***I saute 1 onion, 1 lb of sausage in 1 T. of butter. When the sausage is cooked through I add a bag of kale and saute until wilted. This will make 4 servings.

L - leftover Totally Dope Chicken over lettuce with water to drink (S) ***This was from [last week's meal plan](#) so the ingredients are NOT included on the shopping list.

S - 1/2 c. 2% cottage cheese with bell pepper slices and [Cider Pop](#) to drink (FP)

D - [Creamy Taco Soup](#) with water to drink (S)

Tuesday:

B - leftover sausage, onion and kale skillet with water to drink (S)

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

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

D - [Chicken Stir-fry](#) over brown rice with water to drink (E) ***I'm using frozen broccoli, frozen peas and red bell pepper for the veggies.

Wednesday:

B - leftover sausage, onion and kale skillet with water 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 - a hard-boiled egg and a cheese stick with Cider Pop to drink (S)

D - Italian Meatball Casserole over [zoodles](#) and a side salad with Ranch dressing with water to drink (S) pg. 64 in [Convenient Food](#)

Thursday:

B - leftover sausage, onion and kale skillet with water to drink (S)

L - leftover Italian Meatball Casserole with fresh veggies and water to drink (S)

S - 1/2 c. 2% cottage cheese with bell pepper slices and [Cider Pop](#) to drink (FP)

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

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 Hearty Two Bean and Lentil Chili with water to drink (E)

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

D - Chicken Bacon Rice Casserole with a side salad with Ranch dressing and water to drink (S) pg. 140 in [Trim Healthy Table](#)

Saturday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Chicken Bacon Rice Casserole with fresh veggies on the side and water to drink (S)

S - a hard-boiled egg and a cheese stick with Cider Pop to drink (S)

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

Sunday:

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

L - out to eat

S - 1/2 c. 2% cottage cheese with bell pepper slices and [Cider Pop](#) to drink (FP)

D - Grilled steak, [roasted vegetables](#) and a salad with Ranch dressing with water to drink (S) ***I'll be roasted fresh broccoli, head of cauliflower and onion.