

Meal Plan: 2/18-2/24/19

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Monday:

B - [Snicker's Hot Chocolate](#) (S)

L - Egg Salad - (3) hard-boiled eggs mixed with mustard, mayo, salt and pepper - with fresh veggies on the side (cucumber and peppers) with water to drink (S)

S - 1/2 c. 2% cottage cheese with bell peppers on the side with [Cider Pop](#) to drink (FP) ***I bought [Baobab Powder](#) on the last THM sale and have started adding it to my Cider Pop. It is delicious!!!! It adds a lot of health benefits too.

D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

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

L - leftover Lovin' TexMex Skillet with lettuce on the side and water to drink (E)

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

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

Wednesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - large salad topped with pepperoni, cheddar cheese and Ranch dressing with water to drink (S)

S - [Snicker's Hot Chocolate](#) (S)

D - [Italian White Bean & Spinach Soup](#) with water to drink (E)

Thursday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover [Italian White Bean & Spinach Soup](#) with water to drink (E)

S - 1/2 c. 2% cottage cheese with bell peppers 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)

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 - Egg Salad - (3) hard-boiled eggs mixed with mustard, mayo, salt and pepper - with fresh veggies on the side (cucumber and peppers) with water to drink (S)

S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in the [Trim Healthy Mama Cookbook](#)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Saturday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - [Snicker's Hot Chocolate](#) (S)

D - Easy Pizza Casserole (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 - out to eat

S - cheese stick with a handful of almonds with Cider Pop to drink (S)

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