

Meal Plan: 2/25-3/3/19

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Monday:

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

L - leftover Trim Zuppa Toscana with water to drink (S) ***This was leftover from [last week's meal plan](#). The ingredients are NOT included in this week's meal plan.

S - a cheese stick with a handful of almonds and [Cider Pop](#) to drink (S) ***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. It is not necessary but is so good!

D - Slow Cooker Salsa Verde Chicken with [Brown Spanish Rice](#) and lettuce on the side with water to drink (E) pg. 160 in [Convenient Food](#)

Tuesday:

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, cheddar cheese and Ranch dressing with water to drink (S)

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

D - Bangin' Ranch Drums with broccoli and a side salad with Cider Pop to drink (S) pg. 162 in [THM Cookbook](#) ***I'm making a half batch of the chicken and using frozen broccoli.

Wednesday:

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

L - leftover Bangin' Ranch Drums with a side salad and water to drink (S)

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

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

Thursday:

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 - [Low Carb Chicken Salad](#) on top of Romaine lettuce with fresh veggies on the side and water to drink (S)

S - a cheese stick with a handful of almonds and [Cider Pop](#) to drink (S)

D - Italian Meatball Casserole over [zoodles](#) (S) pg. 64 in [Convenient Food](#). My family will eat their's over regular pasta but that is NOT on the shopping list.

Friday:

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

L - leftover Italian Meatball Casserole with a side salad and water to drink (S)

S - Cottage Berry Whip with Cider Pop to drink (FP) pg. 374 in the [THM Cookbook](#) ***I'm making a double batch of this and will freeze the rest for tomorrow. Just take it out of the freezer about 10 minutes before you want to eat it.

D - Cowboy Grub with lettuce on the side and water to drink (E) pg. 59 in [THM Cookbook](#)

Saturday:

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

L - leftover Cowboy Grub with water to drink (E)

S - leftover Cottage Berry Whip with Cider Pop to drink (FP)

D - Easy Pizza Casserole and fresh veggies on the side with [Cherry Cola Zevia 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 - out to eat

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

D - [Quinoa, Kale and White Bean Soup](#) with water to drink (E)