

Meal Plan: 3/4-3/10/19

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Monday:

B - Ground sausage, onion and spinach sauteed in butter with water to drink (S) ***This will feed me for (3) breakfasts. I use 1 lb of ground sausage, one whole onion (diced) and a small bag of spinach.

L - leftover Quinoa, Kale and White Bean Soup with water to drink (E) ***This is leftover from [last week's meal plan](#). The ingredients are NOT included on this week's shopping list.

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

D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Tuesday:

B - leftover ground sausage, onion and spinach sauteed in butter with water to drink (S)

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

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 - Good Grub with a side salad and water to drink (S) pg. 64 in [Trim Healthy Table](#)

Wednesday:

B - leftover ground sausage, onion and spinach sauteed in butter with water to drink (S)

L - leftover Good Grub with water to drink (S)

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

D - [Jalapeno Chicken Bacon Chowder](#) 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)

***I'll be splitting this recipe with 2 of my kids and have some leftover for lunch tomorrow too.

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

D - [Low Carb Beef & Cheese Enchiladas](#) with lettuce and sour cream on the side with water to drink (S)

Friday:

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

L - leftover Low Carb Chicken Salad on top of Romaine lettuce with fresh veggies on the side with water to drink (S)

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

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

Saturday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - out to eat

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

D - [Fathead Pizza](#) with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sunday:

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

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

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

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