

Meal Plan: 3/25-3/31/19

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Monday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

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

S - 1/2 c. 2% cottage cheese with bell peppers on the side and [Cider Pop](#) to drink (FP) ***[Baobab Powder](#) makes an awesome addition to Cider Pop or GGMS. If you haven't tried it yet, you should!

D - Spaghetti with meat sauce over [zoodles](#) with broccoli on the side and water to drink (S) ***I'm using frozen broccoli. My family will eat their spaghetti over regular noodles. This is NOT reflected on the shopping list.

Tuesday:

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

L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in the [THM Cookbook](#)

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

D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese and sour cream with water to drink (S)

Wednesday:

B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - large salad topped with deli ham and Ranch dressing with water to drink (S) ***I like the Never Any! brand of ham from Aldi or Hormel Naturals that you can find at Walmart, Meijer or Kroger stores.

S - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with Cider Pop to drink (E)

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

Thursday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with [Sweet & Spicy tea](#) 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 - Philly Cheesesteak Skillet with broccoli on the side and water to drink (S) pg. 111 in [Convenient Food](#)

Friday:

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

L - leftover Philly Cheesesteak Skillet with water to drink (S)

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

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

Saturday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with [Sweet & Spicy tea](#) to drink (E)

L - out to eat

S - 1/2 c. 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with Cider Pop to drink (E)

D - [Fathead Pizza](#) with fresh veggies on the side and [Grape 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 - large salad topped with deli ham and Ranch dressing with water to drink (S) ***I like the Never Any! brand of ham from Aldi or Hormel Naturals that you can find at Walmart, Meijer or Kroger stores.

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

D - [Refried Bean](#) Burritos (bowls) and [Brown Spanish Rice](#) with lettuce and salsa on top and water to drink (E) ***I use a 1/2 c. each of the beans and rice