

Meal Plan: 4/1-4/7/19

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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 - Cheese quesadilla (made with a low carb tortilla) topped with sour cream and salsa with fresh veggies on the side with water to drink (S)

S - celery with 2 tablespoons of peanut butter with [Cider Pop](#) to drink (S) ***[Baobab Powder](#) makes an awesome addition to Cider Pop or GGMS. If you haven't tried it yet, you should! I add 2 tablespoons to my drink.

D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side and water to drink (S) ***I'm using frozen broccoli.

Tuesday:

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

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

D - Easy Cheesy Fiesta Chowder with water to drink (S) pg. 144 [Convenient Food](#) ***I'm making 1/2 the recipe.

Wednesday:

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

L - leftover Easy Cheesy Fiesta Chowder 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 - [Quick Tomato Basil Chicken](#) over brown rice with green beans on the side and water to drink (E) ***I'm using canned green beans.

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 - leftover Tomato Basil Chicken over brown rice with water to drink (E)

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

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

Friday:

B - [Thin Mint Shake](#) (S)

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

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

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

Saturday:

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

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

D - [Fathead Pizza](#) with fresh veggies on the side and [Zevia Cola](#) 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 - [Peanut Butter Cup Shake](#) (S)

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 - Burger Bombs over salad with Ranch dressing with water to drink (S) pg. 212 in [Trim Healthy Table](#)