

Meal Plan: 4/8-4/14/19

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Monday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)
- L - (2) leftover Burger Bomb's on top of salad with water to drink (S) ***The Burger Bomb's were leftover from [last week's meal plan](#). The ingredients are NOT included on this week's shopping list.
- S - a handful of almonds and a cheese stick 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 - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)

Tuesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - [Low Carb Chicken Salad](#) with fresh veggies on the side and water to drink (S)
- S - (3) Pay Off Day Candies with Cider Pop to drink (S) pg. 381 in the [THM Cookbook](#)
- D - Cheeseburger Soup with water to drink (S) pg. 155 in [Trim Healthy Table](#)

Wednesday:

- B - small container of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Cheeseburger Soup with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Spaghetti with meat sauce over [zoodles](#) with a side salad and water to drink (S) ***My family will eat their's over regular noodles. This is NOT reflected on the shopping list.

Thursday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)
- L - leftover Low Carb Chicken salad (from Tuesday) with fresh veggies on the side and water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Cabb & Saus Skillet with broccoli (steamed from frozen) on the side with water to drink (S) pg. 58 in [THM Cookbook](#)

Friday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Cabb & Saus with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

Saturday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and Cider Pop to drink (FP)
- D - [Fathead Pizza](#) (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 - 1/2 c. old fashioned oats mixed with 1 teaspoon chopped almonds and 1 tablespoon [Swerve Brown Sweetener](#) with strawberries on the side and [Sweet & Spicy tea](#) to drink (E)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - celery and 2 T. of peanut butter with Cider Pop to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)