

Meal Plan: 9/9-9/15/19

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Monday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with water to drink (E)
- L - leftover [Italian White Bean & Spinach Soup](#) with water to drink (E) This was from [last week's meal plan](#) so the ingredients are NOT included on this week's shopping list.
- S - celery and peanut butter with [Tropical Dreams Cider Pop](#) to drink (S)
- D - World's Laziest Lasagna Skillet with a side salad and water to drink (S) pg. 69 in [Trim Healthy Table](#)

Tuesday:

- B - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with water to drink (E)
- L - leftover Lazy Lasagna with fresh veggies on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Wednesday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Chicken Fried Double Rice with water to drink (E)
- S - a cheese stick and a handful of almonds with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) pg. 85 in [Trim Healthy Table](#)

Thursday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - leftover Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E)
- S - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with water to drink (E)
- L - Egg Salad (2 hard-boiled eggs mixed with mustard and mayo, salt and pepper) with fresh veggies on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

Saturday:

- B - (2) scrambled eggs cooked in butter with fresh strawberries on the side and water to drink (S)
- L - out to eat
- S - 1/2 c. of 0% plain Greek yogurt mixed with [1 t. Super Sweet Blend](#), a diced apple and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)
- 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 Shake](#) (S)
- L - leftover Fathead Pizza with a side salad and [Zevia Cola](#) to drink (S)
- S - (2) hard-boiled eggs with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (S)
- D - Whoop Whoop Soup with water to drink (S) pg. 149 in [Trim Healthy Table](#)