

Meal Plan: 10/7-10/13/19

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Monday:

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

L - leftover [Jalapeno Chicken Bacon Chowder](#) with water to drink (S) **This meal was leftover from [last week's meal plan](#) and the ingredients are NOT on this week's grocery list.

S - (2) hard-boiled eggs with cucumbers and bell peppers and [Tropical Dreams Cider Pop](#) to drink (S)

D - Spaghetti over [Zoodles](#) with a side salad and water to drink (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

Tuesday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

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

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

D - [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side and 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 - leftover [Low Carb Philly Cheesesteak Casserole](#) with broccoli on the side and water to drink (S)

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

D - [Creamy Taco Soup](#) with water to drink (S)

Thursday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L - Egg Salad (3 hard-boiled eggs mixed with mayo, mustard, salt & 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 - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Friday:

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

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

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

D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)

Saturday:

B - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and peanut butter and water to drink (S)

L - out to eat

S - (2) hard-boiled eggs with cucumbers and bell peppers and [Tropical Dreams Cider Pop](#) to drink (S)

D - [Fathead Pizza](#) with [Zevia Cherry 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 - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)

L - leftover Black Pepper Chicken with water to drink (E)

S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S).

D - Ranch Hand Taco Salad with water to drink (E) pg. 200 in [Trim Healthy Table](#)