

Meal Plan: 10/21-10/27/19

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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 Cowboy Grub with water to drink (E) ***This is leftover from last week's meal plan. The ingredients are NOT included on this week's shopping list.
- S - 1/2 c. 2% cottage cheese with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

Tuesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - leftover Jalapeno Chicken Bacon Chowder with water to drink (S)
- S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and peanut butter and water to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

Wednesday:

- 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 - [Low Carb Chicken Salad](#) with fresh veggies on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [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.

Thursday:

- B - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and peanut butter and water to drink (S)
- L - leftover [Low Carb Chicken Salad](#) with fresh veggies 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 - [Loaded Cauliflower & Chicken Casserole](#) with green beans on the side and 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 [Peppermint tea](#) to drink (E)
- L - leftover [Low Carb Chicken Salad](#) with fresh veggies on the side and water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

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 - [Snickers's Hot Chocolate](#) (S)
- D - [Fathead Pizza](#) with [Cherry Cola 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 - [Peanut Butter Milkshake](#) (S)
- L - leftover Fathead Pizza with water to drink (S)
- S - a cheese stick and fresh veggies with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S) pg. 92 in [Trim Healthy Table](#)