

Meal Plan: 11/4-11/10/19

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Monday:

- B - [Peanut Butter Milkshake](#) (S)
- L - salad with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - handful of almonds and 1 oz cheddar cheese with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

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 - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - [Snicker's Hot Chocolate](#) (S)
- D - [Low Carb Beef & Cheese Enchiladas](#) with lettuce and sour cream on the side with 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - 1/2 c. 2% cottage cheese with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

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 - salad with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S)
- D - [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - leftover [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)
- S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (S)
- D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)

Saturday:

- B - [Snicker's Hot Chocolate](#) (S)
- L - leftover Wicked White Chili with water to drink (E)
- S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with water to drink (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 - (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 fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Cabbage Roll in a Bowl with broccoli on the side with water (FP) pg. 57 in [Trim Healthy Table](#)