

Meal Plan: 11/18-11/24/19

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Monday:

B - [Peanut Butter Milkshake](#) (S)

L - leftover Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) ***This was leftover from [last week's meal plan](#) and the ingredients are NOT included on this week's shopping list.

S - 1/2 c. 0% Plain Greek yogurt sweetened with [1 t. Super Sweet Blend](#) and mixed a diced apple and cinnamon with [Tropical Dreams Cider Pop](#) to drink (E)

D - [Cheddar, Bacon & Veggie Frittata](#) with a side salad and water to drink (S)

Tuesday:

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

L - leftover [Cheddar, Bacon & Veggie Frittata](#) with a side salad and water to drink (S)

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

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

S - handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D - Dreamy Chicken Lazone over cauli rice with green beans on the side and water to drink (S) pg. 50 in [Trim Healthy Table](#)

Thursday:

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

L - leftover Dreamy Chicken Lazone with a side salad and 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 [Tropical Dreams Cider Pop](#) to drink (E)

D - Trim Zuppa Toscana with water to drink (S) pg. 86 in the [THM Cookbook](#)

Friday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L - leftover Trim Zuppa Toscana with water to drink (S)

S - handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

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

Saturday:

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 - out to eat

S - [Snicker'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 - (3) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

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

S - handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)

D - Wicked White Chili with water to drink (E) pg. 37 in [THM Cookbook](#)