

Meal Plan: 11/25-12/1/19

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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 White Wicked Chili with water to drink (E) ****This was from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list.
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice 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 - salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - cheese stick with bell peppers and [Tropical Dreams Cider Pop](#) to drink (FP)
- D - Spaghetti with meat sauce over [Zoodles](#) with a side salad with water to drink (S) ****My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - salad topped with pepperoni and Ranch dressing 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 [Tropical Dreams Cider Pop](#) to drink (E)
- 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 - Thanksgiving meal! I will be doing a crossover but will stay on plan.
- S - [Snickers Hot Chocolate](#) (S)
- D - Thanksgiving leftovers

Friday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L - (3) ham roll-ups - deli ham inside a whole Romaine lettuce leaf with mustard, mayo and a slice of cheddar cheese and fresh veggies on the side 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 [Tropical Dreams Cider Pop](#) to drink (E)
- D - [Low Carb Beef & Cheese Enchiladas](#) with lettuce on the side with water to drink (S)

Saturday:

- B - [Snickers Hot Chocolate](#) (S)
- L - out to eat
- S - a handful of almonds with bell peppers with [Tropical Dreams Cider Pop](#) 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 - 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 Fathead Pizza with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' TexMex Skillet](#) with lettuce on the side and water to drink (E)