

Meal Plan: 12/9-12/15/19

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This is leftover from last [week's meal plan](#) and the ingredients are NOT included on this week's shopping list.
- S - celery with peanut butter and [Tropical Dreams Cider Pop](#) to drink (S)
- D - [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)

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 [White Chicken Lasagna](#) over [Zoodles](#) with water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S)
- D - [Zesty Salsa Chicken & Black Bean Casserole](#) 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 - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S - [Thin Mint Shake](#) (S)
- 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](#)

Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Crockpot Buffalo Chicken in a lettuce wrap with fresh veggies on the side with water to drink (S)
- S - 1/2 c. 2% cottage cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Creamy Taco Soup](#) with water to drink (S)

Friday:

- B - [Thin Mint Shake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S)
- D - [Sweet & Spicy Stir-fry](#) over brown rice with water to drink (E)

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 - 1/2 c. 2% cottage cheese with bell peppers and cucumbers with [Tropical Dreams Cider Pop](#) to drink (FP)
- D - [Fathead Pizza](#) with [Zevia Ginger Root Beer](#) 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 strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Fathead Pizza with water to drink (S)
- S - [Snicker's Hot Chocolate](#) (S)
- D - Burrito Bowls – [Chili Lime Black Beans](#), [Brown Spanish Rice](#), lettuce and salsa with water to drink (E)