

## Meal Plan: 2/17-2/23/2020

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### Monday:

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 cucumbers and bell peppers on the side with water to drink (S) pg. 112 in [THM Cookbook](#)

S - a handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S) \*\*\*I've been adding a tablespoon of [Baobab powder](#) to my Cider Pop and it is so good! It gives it a little lemon flavor and also adds a lot of nutritional benefits too.

D - Crockpot Buffalo Chicken in a lettuce wrap topped with Ranch dressing with fresh veggies on the side and water to drink (S) pg. 92 in [Trim Healthy Table](#)

### Tuesday:

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

L - leftover Crockpot Buffalo Chicken topped with Ranch dressing in a lettuce wrap with fresh veggies on the side and water to drink (S)

S - 1/2 c. 2% cottage cheese with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (FP)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

### Wednesday:

B - (3) 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)

S - a handful of almonds and a cheese stick 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)

### 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 - large salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)

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

D - [Slow Cooker Italian Beef & Cabbage](#) with water to drink (S)

### Friday:

B - (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)

L - large salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

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

### Saturday:

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

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

S - 1/2 of a grapefruit with 1/2 c. 2% cottage cheese on the side with [Tropical Dreams Cider Pop](#) to drink (E)

D - [Fathead Pizza](#) with [Grape 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 [Sweet & Spicy tea](#) to drink (S)

L - out to eat

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

D - [Lovin' Tex Mex Skillet](#) and lettuce on the side with water to drink (E)