

## Meal Plan: 2/24-3/1/20

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### Monday:

- B - [Refreshing Fruity Shake](#) (E)
- L - large salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Award-Winning Chili Pie with a side salad and water to drink (S) pg. 142 in [Trim Healthy Table](#)

### Tuesday:

- B - (3) scrambled eggs cooked in butter with strawberries on the side and [Sweet & Spicy tea](#) to drink (S)
- L - leftover Award-Winning Chili Pie with a side salad and water to drink (S)
- S - Cottage Berry Whip (I'm making a double batch and will freeze half for tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)
- D - [Italian White Bean and Spinach Soup](#) with water to drink (E)

### Wednesday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover [Italian White Bean and Spinach Soup](#) with water to drink (E)
- S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 384 in [THM Cookbook](#)
- D - Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S) \*\*\*My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

### 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) \*\*\*You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.
- 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)
- D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

### Friday:

- B - [Refreshing Fruity Shake](#) (E)
- L - leftover Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)
- S - a handful of almonds and a cheese stick with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Cheddar, Bacon and Veggie Frittata](#) with water to drink (S)

### 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) \*\*\*You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.
- L - out to eat
- S - [Snickers' Hot Chocolate](#) (S)
- 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 - large salad topped with deli ham, cheddar cheese and Ranch dressing with 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 - [Creamy Taco Soup](#) with water to drink (S)