

Meal Plan: 3/9-3/15/20

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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) ***You can use any on plan sweetener you like, I just like the brown sugar flavor of the Swerve.

L - leftover Burger Bombs over salad with water to drink (S) ***This was leftover from [last week's meal plan](#) so the ingredients are NOT on this week's shopping list. You can find the recipe on pg. 212 in [Trim Healthy Table](#)

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

D - [Chicken Thighs with Tomato Spinach Sauce](#) over cauliflower rice and green beans on the side with water to drink (S) ***I'm using tomato sauce instead of marinara sauce, and serving with two cans of green beans.

Tuesday:

B - [Reese Peanut Butter Cup Shake](#) (S)

L - [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

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

D - Cabb & Saus Skillet with broccoli and water to drink (S) pg. 58 in [THM Cookbook](#)

Wednesday:

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

L - leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

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

D - Burrito Bowls – (2) cans of black beans with [Spanish Brown Rice](#), lettuce and salsa with water to drink (E)

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 - leftover [Low Carb Chicken Salad](#) with fresh vegetables on the side and water to drink (S)

S - [Snickers Hot Chocolate](#) (S)

D - Spaghetti with meat sauce over cauliflower rice with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Friday:

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

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

D - Cowboy Grub with water to drink (E) pg. 59 in [THM Cookbook](#)

Saturday:

B - [Reese Peanut Butter Cup Shake](#) (S)

L - leftover Cowboy Grub with water to drink (E)

S - 1/2 c. 0% Plain Greek yogurt mixed with 1 tsp of [Super Sweet](#), a diced apple and cinnamon with water to drink (E)

D - [Fathead Pizza](#) with [Zevia Cola](#) 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 - [Snickers Hot Chocolate](#) (S)

D - [Black-Eyed Pea "Gumbo"](#) with water to drink (E) ***After you've soaked and drained the beans, make sure you fill your crock pot with water or broth.