

Meal Plan: 4/13-4/19/20

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Monday:

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [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 - (3) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)
- D - Smoked Sausage Salad with water to drink (S) pg. 203 in [Trim Healthy Table](#)

Tuesday:

- B - [Refreshing Fruit Shake](#) (E)
- L - leftover Smoked Sausage Salad with water to drink (S)
- S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Little Sweet Little Spicy Drumsticks with broccoli and a side salad with Ranch dressing and water to drink (S) pg. 221 in [Trim Healthy Table](#)

Wednesday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L - leftover Little Sweet Little Spicy Drumsticks and a side salad with Ranch dressing and water to drink (S)
- S - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Lovin' TexMex Skillet](#) with lettuce on the side with water to drink (E)

Thursday:

- B - 1/2 c. (or small container) of 0% Plain Greek yogurt mixed with a diced apple, 1 t. [Super Sweet](#) and cinnamon and [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 - (3) leftover Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)
- D - Spaghetti with meat sauce over cauli rice and with a side salad and Ranch dressing with water to drink (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Friday:

- B - [Peanut Butter Milkshake](#) (S)
- L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S - Cottage Berry Whip (double batch and freeze half for snack tomorrow) with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#)
- D - Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP) pg. 57 in [Trim Healthy Table](#)

Saturday:

- B - (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L - leftover Cabbage Roll in a Bowl with fresh veggies on the side and water to drink (FP)
- S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)
- 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 - (2) scrambled eggs cooked in butter with (2) sausage links with water to drink (S)
- L - leftover [Fathead Pizza](#) with fresh veggies on the side and [Zevia Cola](#) to drink (S)
- S - [Peanut Butter Whip](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D - [Cabbage Roll Soup](#) with water to drink (E)