

## Meal Plan: 3/8-3/14/21

darciessdish.com

### Monday:

B - [Refreshing Fruity Shake](#) (E)

L - leftover Chicken Fried Double Rice with water to drink (E) \*\*\*This is leftover from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.

S - (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S) pg. 381 in [THM Cookbook](#)

D - [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side and water to drink (S)

### Tuesday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

### Wednesday:

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

L - leftover [Slow Cooker Chicken and Quinoa Chili](#) with water to drink (E)

S - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Baked Spaghetti "Zoodle" Casserole](#) with a side salad and water to drink (S)

### Thursday:

B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L - (3) deli meat roll ups (Romaine lettuce leaf filled with deli ham, a slice of cheese, mustard and mayo) with fresh veggies and dill pickles on the side and water to drink (S)

S - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Creamy Taco Soup](#) with water to drink (S)

### Friday:

B - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with water to drink (FP)

L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - leftover (2) Pay Off Day Candies with [Tropical Dreams Cider Pop](#) to drink (S)

D - Easy Pizza Casserole with [Cherry Cola Zevia](#) to drink (S) pg. 126 in [Trim Healthy Table](#)

### Saturday:

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

L - out to eat

S - 1/2 c. Plain 0% Greek yogurt mixed with 1 t. [Super Sweet](#) and mixed berries (I'm using frozen) with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Beef & Veggie Skillet with broccoli on the side and water to drink (S) pg. 130 in [Trim Healthy Future](#)

### Sunday:

B - oatmeal mixed with 1 t. [Super Sweet](#) a diced apple and cinnamon with [Sweet & Spicy tea](#) with a [scoop of collagen](#) mixed in to drink (E)

L - leftover Beef & Veggie Skillet with broccoli on the side and water to drink (S)

S - a cheese stick with cucumber and bell peppers with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Sesame Fix over cauli rice with broccoli on the side with water to drink (S)\*\*You can use almond flour in place of the Baking Blend\*\* pg. 119 in [Trim Healthy Future](#)