

Monday:

B - [Thin Mint Shake](#) (S)

L - leftover Great Wall Skillet lettuce wraps and fresh veggies with water to drink (S) ***This meal is leftover from last week's meal plan so the ingredients are NOT listed on this week's shopping list.

S - [Peanut Butter Whip](#) (S)

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

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

D - Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) pg. 85 in [Trim Healthy Table](#)

Wednesday:

B - (3) scrambled eggs cooked in butter with onion and green pepper sauteed on the side and water to drink (S)

L - leftover Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E)

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

D - Save Your Waistline Crockpot Lasagna with a side salad with water to drink (S) pg. 86 in [Trim Healthy Table](#)

Thursday:

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 - leftover Save Your Waistline Crockpot Lasagna with a side salad with water to drink (S)

S - (2) hard-boiled eggs with cucumbers and bell peppers on the side with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

Friday:

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

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

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.

Saturday:

B - (3) scrambled eggs cooked in butter with onion and green pepper sauteed on the side and water to drink (S)

L - out to eat

S - [Peanut Butter Whip](#) (S)

D - Quinoa Goes Cajun with water to drink (E) pg. 69 in [THM Cookbook](#)

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 - Easter Meal (this will serve my whole family) - ham, brussel sprouts, [roasted veggies](#) (cauliflower, broccoli and onion) and green beans with water to drink (S)

S - 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)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Meal Plan: 3/29-4/4/21

darciesdish.com