

## Trim Healthy Mama Meal Plan: 3/6-3/12/23

darciesdish.com

### 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 sautéed 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 sautéed 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 – 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](#)