

Trim Healthy Mama Meal Plan: 11/13-11/19/23

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Monday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L – leftover Cabbage Roll in a Bowl with water to drink (S) ***This is leftover from [last week's meal plan](#). The ingredients are NOT included on this week's shopping list.
- S – 1/2 c. 2% cottage cheese with fresh veggies on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream – with water to drink (S)

Tuesday:

- B – [Peanut Butter Cup Shake](#) (S)
- L – salad with (2) hard-boiled eggs and Ranch dressing with water to drink (S)
- S – string cheese with bell peppers on the side and [Tropical Dreams Cider Pop](#) to drink (FP)
- D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

Wednesday:

- 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 [Hearty Two Bean and Lentil Chili](#) with water to drink (E)
- S – (2) [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Spaghetti with meat sauce over [Zoodles](#) with a side salad with water to drink (S) ***My family will eat theirs over regular pasta. That is NOT reflected on the shopping list.

Thursday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Friday:

- 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 Chicken Fried Double Rice with water to drink (E)
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Creamy Taco Soup](#) with water to drink (S)

Saturday:

- B – (2) scrambled eggs cooked in butter with (2) sausage links on the side and water to drink (S)
- L – out to eat
- S – (2) leftover [Peanut Butter Cups](#) with [Tropical Dreams Cider Pop](#) to drink (S)
- D – [Fathead Pizza](#) with [Cherry Cola Zevia](#) 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 – 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 Fathead Pizza with fresh veggies and water to drink (S)
- S – [Peanut Butter Cup Shake](#) (S)
- D – Hearty Lentil, Chicken Sausage and Spinach Soup with water to drink (E) pg. 85 in [Trim Healthy Table](#)