

## Trim Healthy Mama Meal Plan: 12/4-12/10/23

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### Monday:

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 – Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in [THM Cookbook](#)

S – (2) Treeses with [Tropical Dreams Cider Pop](#) to drink (S) pg. 378 in [THM Cookbook](#)

D – Award Winning Chili Pie with a side salad with Ranch and water to drink (S) pg. 142 in [Trim Healthy Table](#)

### Tuesday:

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 Award Winning Chili Pie with a side salad with Ranch and water to drink (S)

S – (2) leftover Treeses with [Tropical Dreams Cider Pop](#) to drink (S) pg. 378 in [THM Cookbook](#)

D – Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream with water to drink (S)

### Wednesday:

B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L – large salad topped with deli ham and Ranch dressing with water to drink (S)

S – (2) leftover Treeses with [Tropical Dreams Cider Pop](#) to drink (S) pg. 378 in [THM Cookbook](#)

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

### Thursday:

B – [Thin Mint Shake](#) (S)

L – leftover Chicken Fried Double Rice with water to drink (E)

S – (2) Treeses with [Tropical Dreams Cider Pop](#) to drink (S) pg. 378 in [THM Cookbook](#)

D – Trim Zuppa Toscana with water to drink (S) pg. 86 in the [THM Cookbook](#)

### Friday:

B – (2) scrambled eggs cooked in butter with strawberries on the side and water to drink (S)

L – leftover Trim Zuppa Toscana with water to drink (S)

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

D – Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP) pg. 57 in [Trim Healthy Table](#)

### Saturday:

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 – out to eat

S – [Peanut Butter Cup Shake](#) (S)

D – [Fathead Pizza](#) with [Zevia Ginger Rootbeer](#) 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 strawberries on the side and water to drink (S)

L – leftover Cabbage Roll in a Bowl with broccoli on the side and water to drink (FP)

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

D – [Hearty Two Bean and Lentil Chili](#) with water to drink (E)