

Meal Plan: 1/4-1/10/16

darciesdish.com

Monday:

B - [Berry Lemon Shake](#) (S)

L - [Italian White Bean and Spinach Soup](#) with water to drink (E) ***This will feed my family of six.

S - (2) Light Rye Wasa Crackers with a wedge of Light Laughing Cow Cheese and [Cider Pop](#) to drink (FP)

D - [Egg Roll in a Bowl](#) with green beans topped with pat of butter on the side with water to drink (S)

Tuesday:

B - (2) Mufflets with [Sweet & Spicy tea](#) to drink (S) pg. 237 in the [new THM cookbook](#) ***The Mufflets will feed my family of 6 for two complete breakfasts.

L - Just Like Campbell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in the new THM cookbook

S - (3) Pay Off Day Candies with Cider Pop to drink (S) pg. 381 in the new THM cookbook

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

Wednesday:

B - (2) leftover Mufflets with a Winter Wonderland Sip to drink (S) pg. 405 in the new THM cookbook

L - Creamless Creamy Chicken with water to drink (FP) pg. 78 in the new THM cookbook. I'm using canned diced chicken breast to save time and money.

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

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

Thursday:

B - Vanilla Dannon 000 Greek Yogurt with a small sliced apple mixed in with a dash of cinnamon and Sweet & Spicy tea to drink (E)

L - leftover Baked Spaghetti "Zoodle" Casserole with fresh veggies on the side with water to drink (S)

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

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

Friday:

B - [Peanut Butter Milkshake](#) (S)

L - Fields of Green Omcake with strawberries on the side with water to drink (S) pg. 240 in the new THM cookbook. I'm omitting the nutritional yeast because I don't have any.

S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)

D - Pizza Casserole with fresh veggies on the side with [Mountain Zevia](#) to drink (S)

Saturday:

B - Vanilla Dannon 000 Greek Yogurt with a small sliced apple mixed in with a dash of cinnamon and water to drink (E)

L - Cheese quesadilla on a low-carb tortilla with lettuce, sour cream and strawberries on the side with Cider Pop to drink (S)

S - small handful of almonds and a cheese stick with water to drink (S)

D - [RunAmok Mama's Lime Chicken](#) with [Spanish Brown Rice](#) and lettuce on the side with water to drink (E) ***This recipe makes enough for two meals (at 5 servings each) so I am going to cook them both and freeze half for a later meal. By adding the rice on the side I think I can stretch 5 servings to 6 for my family.

Sunday:

B - [Cran Orange Smoothie](#) (FP)

L - out

S - 1/2 Vanilla Dannon 000 Greek Yogurt mixed with 2 T. of peanut butter and strawberries on the side with water to drink (S)

D - [Black-Eyed Pea Gumbo](#) with a side salad dressed with red wine vinegar and water to drink (E) ***The recipe is all the way at the bottom of the page