

# Meal Plan: 1/11-1/17/16

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## Monday:

- B - (2) scrambled eggs cooked in coconut oil with some strawberries on the side with [Sweet & Spicy tea](#) to drink (S)
- L - Creamy Key Lime Shake with a small side salad dressed with Ranch (S) pg. 408 in the [NEW THM cookbook](#)
- S - (2) Light Rye Wasa Crackers with a wedge of Light Laughing Cow Cheese and [Cider Pop](#) to drink (FP)
- D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

## Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - [Asian Chicken Vegetables](#) over brown rice with water to drink (E) \*\*\*This makes 4 serving so I'm going to eat it for 4 lunches. I'm omitting the mushrooms for preference reasons and will use frozen broccoli and peppers in place of fresh.
- S - [Cottage Berry Whip](#) with water to drink (FP) \*\*\*I'm making a double batch and will stick half in the freezer for tomorrows snack. Take it out of the freezer 10-15 minutes before you want to eat it.
- D - [Slow Cooker Italian Beef & Cabbage](#) with a side salad dressed with Ranch with Cider Pop to drink (S)

## Wednesday:

- B - (2) scrambled eggs cooked in coconut oil with some strawberries on the side with Sweet & Spicy Tea to drink (S)
- L - leftover Asian Chicken Vegetables with Cider Pop to drink (E)
- S - leftover Cottage Berry Whip with water to drink (FP)
- D - [Balsamic Roast Beef](#) with buttered green beans and broccoli on the side with water to drink (S) \*\*\*I'm using canned green beans and frozen broccoli.

## Thursday:

- B - [Reese's Peanut Butter Cup Shake](#) (S)
- L - leftover Asian Chicken Vegetables with Cider Pop to drink (E)
- S - cheese stick with a handful of almonds and water to drink (S)
- D - [Cheesy Burger Soup](#) with water to drink (S) \*\*\*I'll be using frozen cauliflower to make the cauliflower puree.

## Friday:

- B - [Snickers Hot Chocolate](#) with some strawberries on the side (S)
- L - leftover Asian Chicken Vegetables with water to drink (E)
- S - 1/2 avocado sliced on (2) Light Rye Wasa Crackers with Cider Pop to drink (S)
- D - Pizza Casserole with fresh veggies on the side with [Black Cherry Bai5 Bubbles](#) to drink (S) pg. 327 in the [OLD THM Book](#)

## Saturday:

- B - 0% Plain Greek Yogurt sweetened with 1 T. [THM Gentle Sweet](#) and diced strawberries and almonds mixed in with Sweet & Spicy tea to drink (S)
- L - out
- S - 1/2 avocado sliced on (2) Light Rye Wasa Crackers with Cider Pop to drink (S)
- D - [Taco Salad](#) ~ ground beef, lettuce, onion, cheddar cheese and sour cream with water to drink (S) \*\*\*I will add black beans to my kids' taco salads, but that is not reflected on the shopping list.

## Sunday:

- B - 0% Plain Greek Yogurt sweetened with 1 T. THM Gentle Sweet mixed with 2 T. peanut butter and water to drink (S)
- L - leftover taco salad with water to drink (S)
- S - cheese stick with a small handful of almonds and Cider Pop to drink (S)
- D - [Garlicky Spinach & Parmesan Frittata](#) with green beans and a small side salad with Ranch and water to drink (S) \*\*\*I'm using canned green beans.