

Meal Plan: 1/25-1/31/16

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Monday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with [Sweet & Spicy tea](#) to drink (S)
- L - Boneless Buffalo Chicken on a low-carb wrap with lettuce and Ranch dressing inside with fresh veggies on the side and water to drink (S) pg. in the [OLD THM book](#) ***This makes enough to feed my husband and I for two meals.
- S - (2) Light Rye Wasa Crackers with a wedge of Light Laughing Cow Cheese with [Cider Pop](#) to drink (FP)
- D - Taco Salad ~ ground beef seasoned with [taco seasoning](#), on top of lettuce, cheddar cheese and sour cream with water to drink (S)

Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Boneless Buffalo Chicken on top of a large salad with Ranch dressing with water to drink (S)
- S - 1 oz. cheddar cheese and sliced strawberries with Cider Pop to drink (S)
- D - Cowboy Grub (E) pg. 59 in the [NEW THM cookbook](#)

Wednesday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Cowboy Grub with water to drink (E)
- S - (3) Pay Off Day Candies with Cider Pop to drink (S) pg. 381 in the NEW THM cookbook
- D - Sweet & Spicy Stir-fry with water to drink (E)

Thursday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side with Sweet & Spicy tea to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side with water to drink (S) pg. 112 in the NEW THM cookbook
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Cabb & Saus Skillet with a side salad with Ranch dressing and water to drink (S) pg. 58 in the NEW THM cookbook

Friday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - leftover Cabb & Saus Skillet with water to drink (S)
- S - (3) leftover Pay Off Day Candies with Cider Pop to drink (S)
- D - Pizza Casserole with fresh veggies on the side and [Zevia Ginger Rootbeer](#) to drink (S) pg. 327 in the OLD THM book

Saturday:

- B - 0% Plain Greek Yogurt mixed with an apple and cinnamon with water to drink (E)
- L - large salad topped with veggies (2) hard-boiled eggs and Ranch dressing with Cider Pop to drink (S)
- S - (3) leftover Pay Off Day Candies with water to drink (S)
- D - [Zesty Chicken and Black Bean Casserole](#) with water to drink (E)

Sunday:

- B - 0% Plain Greek Yogurt mixed with 2 T. all-natural peanut butter and [THM Super Sweet Blend](#) (or sweetener of your choice) with water to drink (S)
- L - out
- S - [Cottage Berry Whip](#) (FP)
- D - leftovers or large salad