

Meal Plan: 2/1-2/7/16

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Monday:

- B - [Peanut Butter Cup Shake](#) (S)
- L - [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This will feed my whole family.
- S - [Cottage Berry Whip](#) with water to drink (FP)
- D - [Simply Delicious Grilled Chicken](#) with green beans with a pat of butter and broccoli with water to drink (S) ***I'm using frozen green beans and broccoli.

Tuesday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Hearty Two Bean and Lentil Chili with water to drink (E)
- S - 1/2 of an avocado with 1/2 c. cottage cheese and bell peppers with [Cider Pop](#) to drink (S)
- D - [Cheesy Chicken Enchiladas](#) with side salad with oil and red wine vinegar with water to drink (S)

Wednesday:

- B - [Thin Mint Shake](#) (S)
- L - [Rice and Beans](#) with side salad with a splash of red wine vinegar with water to drink (E) ****This will feed my whole family
- S - [Lemonade Frosty](#) (FP)
- D - Spaghetti with meat sauce and a small side salad with Ranch dressing with water to drink (S) ***My noodles will be zucchini noodles. I use [this gadget](#) to make the zucchini noodles. Typically 1 med-large zucchini is enough to feed me. You could use Dreamfield's pasta as well. My family will eat whole-grain pasta.

Thursday:

- B - [Going Bananas Shake](#) (E)
- L - Just Like Campbell's Tomato Soup with fresh veggies on the side with water drink (S) pg. 112 in the [NEW THM Cookbook](#)
- S - 1/2 c. 1% cottage cheese with strawberries on the side with [Sweet and Spicy Tea](#) to drink (FP)
- D - Taco Salad - [taco meat](#) on top of lettuce and topped with cheddar cheese, sour cream and [pico de gallo](#) with water to drink (S)

Friday:

- B - (2) scrambled eggs cooked in butter with strawberries on the side and Sweet and Spicy Tea to drink (S)
- L - BLT Wrap - (2) pieces of bacon, some lettuce, tomato and Ranch dressing on a low-carb tortilla with fresh veggies on the side and Cider Pop to drink (S)
- S - 0% Plain Greek Yogurt with 2 T. peanut butter and 1 T. [THM Gentle Sweet](#) mixed in with water to drink (S)
- D - Pizza Casserole with fresh veggies and an [Orange Zevia](#) to drink (S) pg. 327 I the [old THM book](#)

Saturday:

- B - [Crustless Quiche](#) with Sweet and Spicy Tea to drink (S) ***This will feed my whole family.
- L - leftover beans and rice from Wednesday with fresh veggies on the side with Cider Pop to drink (E)
- S - [Peanut Butter Whip](#) with water to drink (S)
- D - [Jalapeno Burger with Sriracha Burger Sauce](#) on top of a bed of lettuce with Cider Pop to drink (S)

Sunday:

- B - [Berry Lemon Shake](#) (FP) ***Leave out the cream cheese.
- L - out
- S - [Snickers Hot Chocolate](#) (S)
- D - We are headed to a Superbowl party. I'm bringing this [Hot Spinach and Artichoke Dip](#) and will serve it with fresh veggies. (S)