

Meal Plan: 2/8-2/14/16

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Monday:

B - (2) scrambled eggs with 1/2 000 Strawberry Greek Yogurt with [Sweet & Spicy tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with fresh veggies with water to drink (S) pg. 112 in [NEW THM cookbook](#), pg. 292 in [old THM book](#)

S - cheese stick and small handful of almonds with [Cider Pop](#) to drink (S)

D - Cowboy Grub with water to drink (E) pg. 59 in the [new cookbook](#) ***I only use 1# of meat in this instead of 2 and replace it with an additional can of pinto beans. I find that my family doesn't even notice the difference. I keep the rest of the recipe the same.

Tuesday:

B - [Snickers Hot Chocolate](#) with 1/2 000 Strawberry Greek Yogurt (S)

L - Egg salad with fresh veggies on the side with water to drink (S) ***To make egg salad I just dice up 2 or 3 hard-boiled eggs, mix in 2 T. mayo and a couple of squirts of mustard and stir it up. Add some salt & pepper and it's perfection!

S - 1/2 apple with 2 T. peanut butter with Cider Pop to drink (S Helper)

D - [Barbacoa Beef](#) on top of lettuce, cheddar cheese and sour cream with water to drink (S)

Wednesday:

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

L - leftover Barbacoa Beef on top of lettuce, cheddar cheese and sour cream with Cider Pop to drink (S)

S - Vanilla 000 Greek Yogurt mixed with 1/4 c. blueberries with water to drink (E)

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

Thursday:

B - Strawberry Big Boy Smoothie (S) pg. 414 in the [new THM cookbook](#), in the [old THM book](#) this smoothie is called Big Boy Smoothie on pg. 242

L - leftover Hearty Two Bean and Lentil Chili with Cider Pop to drink (E)

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

D - [Egg Roll in a Bowl](#) with water to drink (S)

Friday:

B - [Peanut Butter Cup Shake](#) (S)

L - Salad with two hard-boiled eggs dressed with on-plan Ranch with water to drink (S)

S - [Cottage Berry Whip](#) (FP) ***I'm making a double batch and will eat the other half for snack tomorrow.

D - [Pizza Casserole](#) in the crock pot with fresh veggies to eat and [Black Cherry Zevia](#) to drink (S)

Saturday:

B - (2) scrambled eggs with fresh strawberries on the side with Sweet & Spicy tea to drink (S)

L - deli turkey on a low-carb tortilla filled with lettuce, onion and mustard with fresh veggies on the side and Cider Pop to drink (E)

S - leftover Cottage Berry Whip with water to drink (FP)

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with a small side salad and dressed with red wine vinegar water to drink (E) ***I'm omitting the chicken and adding an additional can of black beans.

Sunday:

B - 0% Plain Greek Yogurt mixed with 2 T. peanut butter sweetened with 1 T. [THM Gentle Sweet](#) with water to drink (S)

L - Out to eat

S - cheese stick and small handful of almonds with Cider Pop to drink (S)

D - [Italian White Bean and Spinach Soup](#) with water to drink (E)