

# Meal Plan: 2/15-2/21/16

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## Monday:

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

L - Just Like Campbell's Tomato Soup and fresh veggies on the side with water to drink (S) pg. 112 in the [NEW THM cookbook](#) or pg. 292 in the OLD THM book

S - (3) Pay Off Day Candies with water to drink (S) pg. 381 in the NEW THM cookbook

D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

## Tuesday:

B - 0% Plain Greek Yogurt mixed with 2 T. peanut butter and sweetened with 1 t. Sweet Blend with [Sweet & Spicy tea](#) to drink (S)

L - [Sriracha Egg Salad](#) with fresh veggies and [Cider Pop](#) to drink (S) \*\*\*I'm doing 4 eggs (so multiply the ingredients by 4) and it will make enough for a full lunch for two days. I'm omitting the yellow curry powder because I don't have any on hand.

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

D - Lentil Soup with water to drink (E) pg. 89 in the NEW THM cookbook. I'm cutting this recipe in half, because it makes enough for one meal for my family of 6. I also, add 1 large carrot and a celery stalk to the recipe.

## Wednesday:

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

L - leftover Sriracha Egg Salad with fresh veggies and Cider Pop to drink (S)

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

D - [Southwest Chicken in a Crock Pot](#) with water to drink (E)

## Thursday:

B - (2) scrambled eggs cooked in coconut oil with strawberries on the side with Sweet & Spicy tea to drink (S)

L - leftover Southwest Chicken in a Crock Pot with Cider Pop to drink (E)

S - (3) Pay Off Day Candies with water to drink (S)

D - [Bacon Chicken Ranch Casserole](#) with a side salad with Ranch dressing with water to drink (S)

## Friday:

B - Apple Cinnamon Yogurt Swirl with water to drink (E) pg. 250 in the OLD THM book

L - Salad with (2) hard-boiled eggs dressed with Ranch and water to drink (S)

S - small handful of almonds and a few strawberries with Cider Pop to drink (S)

D - Pizza Casserole with fresh veggies on the side and a [Bai5 Bubbles Grapefruit](#) to drink (S) pg. 327 in the OLD THM book

## Saturday:

B - (2) scrambled eggs cooked in coconut oil with strawberries on the side with Sweet & Spicy tea to drink (S)

L - out

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

D - Taco Salad made with ground beef and [taco seasoning](#), 1/4 c. of [Spanish Brown Rice](#), sour cream, lettuce and cheddar cheese with water to drink (S Helper) My kids and husband eat this as a crossover.

## Sunday:

B - [Strawberry Grapefruit Smoothie](#) (E)

L - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the NEW THM cookbook I'm going to cut this recipe in half.

S - [Cottage Berry Whip](#) with water to drink (FP)

D - leftover taco salad or Trim Zuppa Toscana Soup with water to drink (S)