

Meal Plan: 3/7-3/13-16

darciesdish.com

Monday:

B - (2) scrambled eggs and 1/2 of a Dannon 000 Yogurt with [Sweet & Spicy tea](#) to drink (S)

L - Salad with deli ham, cheddar cheese and Ranch with water to drink (S)

S - [Sugar Free Lemonade Frosty](#) (FP)

D - Trim Mac Salad with [Cider Pop](#) to drink (S) pg. 181 in the [NEW THM Cookbook](#), I'm cutting the recipe in half. I'm omitting the sesame seeds because I don't have any on hand.

Tuesday:

B - (2) scrambled eggs and the other 1/2 of a Dannon 000 Yogurt with Sweet & Spicy tea to drink (S)

L - Loaded Potato Soup with Cider Pop to drink (S) pg. 117 in the NEW THM Cookbook ***I'm making a double batch and will eat the other half for lunch tomorrow.

S - handful of almonds with strawberries and water to drink (S)

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

Wednesday:

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

L - leftover Loaded Potato Soup with fresh veggies on the side with Cider Pop to drink (S)

S - 1/2 c. 2% cottage cheese and strawberries with water to drink (FP)

D - [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side with water to drink (E)

Thursday:

B - Orange Creamsicle Shake (S) pg. 409 in the NEW THM Cookbook

L - Just Like Campbell's Tomato Soup with fresh veggies on the side and Cider Pop to drink (S) pg. 112 in the NEW THM Cookbook

S - string cheese with 10 slices of turkey pepperoni with water to drink (S)

D - [Loaded Buffalo Chicken No-tato Casserole](#) and a small side salad with water to drink (S)

Friday:

B - (2) scrambled eggs with strawberries on the side with [Peppermint tea](#) to drink (S)

L - leftover Loaded Buffalo Chicken Casserole and a side salad with water to drink (S)

S - 1/2 c. 2% cottage cheese and strawberries on the side with Cider Pop to drink (FP)

D - Pizza Casserole with fresh veggies on the side with [Black Cherry Zevia](#) to drink (S) pg. 327 in the [OLD THM book](#)

Saturday:

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

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

S - [Berry Lemon Shake](#) (FP)

D - [Paprika Chicken](#) with 1/4 c. of brown rice and steamed broccoli on the side with Cider Pop to drink (S Helper) ***1/4 of brown rice is your individual serving, make enough for your family.

Sunday:

B - 0% Plain Greek Yogurt mixed with 2 T. all-natural peanut butter and 1 T. THM Gentle Sweet with Peppermint tea to drink (S)

L - [Baked Spaghetti Zoodle Casserole](#) with broccoli on the side with water to drink (S) ***Use [this tool](#) to make the zoodles. I will be using frozen broccoli and steaming it.

S - string cheese with 10 slices of turkey pepperoni with Cider Pop to drink (S)

D - Lentil Soup with small side salad dressed with red wine vinegar and water to drink (E) pg. 89 in the NEW THM Cookbook