

Meal Plan: 3/14-3/20/16

darciesdish.com

Monday:

B - (2) Mufflets and strawberries on the side with [Sweet & Spicy tea](#) to drink (S) pg. 237 in the [NEW THM Cookbook](#), this recipe is enough to feed my family of 6 for two breakfasts

L - leftover Trim Zuppa Toscana (from Sunday) with water to drink (S) pg. 86 in the NEW THM Cookbook. The ingredients are NOT listed on the shopping list.

S - (3) Pay Off Day Candies with [Cider Pop](#) to drink (S) pg. 381 in the NEW THM Cookbook, this will make enough for 4 days of snacks.

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

Tuesday:

B - (2) leftover Mufflets and strawberries on the side with Sweet & Spicy tea to drink (S)

L - [Very Berry Salad with Dijon Balsamic Vinaigrette](#) with water to drink (S) ***This will make 4 lunches for me.

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

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with water to drink (E)

Wednesday:

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

L - leftover Very Berry Salad with Dijon Balsamic Vinaigrette with water to drink (S)

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

D - [Colorado White Chili](#) with [In a Jiffy Corn Muffins](#) water to drink (E) ***The corn muffins use [THM Baking Blend](#), so if you don't have that, feel free to change it up with a different E side dish.

Thursday:

B - [Caramel Apple Smoothie](#) (E)

L - leftover Very Berry Salad with Dijon Balsamic Vinaigrette with water to drink (S)

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

D - [Jalapeno Chicken Bacon Chowder](#) with water to drink (S)

Friday:

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

L - leftover Very Berry Salad with Dijon Balsamic Vinaigrette with water to drink (S)

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

D - We are headed to a get-together and I'm bringing [Supreme Pizza Party Dip](#) with fresh veggies on the side (S) ***I'm omitting the mushrooms because my family doesn't care for them.

Saturday:

B - (2) scrambled eggs cooked in butter with strawberries on the side with water to drink (S)

L - out

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

D - [Lovin' Tex Mex Skillet](#) with lettuce on the side with Cider Pop to drink (E)

Sunday:

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

L - Waldorf Cottage Cheese Salad with Cider Pop to drink (E) pg. 190 in the NEW THM Cookbook

S - cheddar cheese cubes with fresh veggies and water to drink (S)

D - [Loaded Cauliflower & Chicken Casserole](#) with a side salad and Ranch dressing with water to drink (S)