

Meal Plan: 3/20-3/26/17

darciesdish.com

Monday:

- B - Vanilla Dannon 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - large salad topped with (2) hard boiled eggs and Ranch dressing with water to drink (S)
- S - (2) [peanut butter cups](#) with [Cider Pop](#) to drink (S)
- D - [Barbacoa Beef](#) with lettuce, salsa, sour cream and cheddar cheese with water to drink (S)

Tuesday:

- B - [Thin Mint Shake](#) (S)
- L - leftover Barbacoa Beef with water to drink (S)
- S - (2) leftover peanut butter cups with Cider Pop to drink (S)
- D - [Slow Cooker Chicken & Quinoa Chili](#) with water to drink (E)

Wednesday:

- B - (2) scrambled eggs cooked in coconut oil and strawberries on the side with [Sweet & Spicy tea](#) to drink (S)
- L - leftover Slow Cooker Chicken & Quinoa Chili with water to drink (E)
- S - (2) leftover peanut butter cups with Cider Pop to drink (S)
- D - Spaghetti with meat sauce and steamed broccoli with water to drink (S) ***My husband and I will use spaghetti squash for our noodles, and my kids will eat regular pasta. The pasta is NOT on the grocery list. Also, I'm using frozen broccoli.

Thursday:

- B - Vanilla Dannon 000 yogurt mixed with a diced apple and cinnamon with water to drink (E)
- L - large salad topped with (2) hard boiled eggs and Ranch dressing with water to drink (S)
- S - (2) leftover peanut butter cups with Cider Pop to drink (S)
- D - out to eat for a family birthday dinner

Friday:

- B - [Refreshing Fruit Shake](#) (E)
- L - Just Like Campbell's Tomato soup with strawberries and fresh vegetables on the side with water to drink (S) pg. 112 in the [THM Cookbook](#)
- S - (2) leftover peanut butter cups with Cider Pop to drink (S)
- D - Pizza Casserole with fresh vegetables on the side with [Orange Zevia](#) 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 - Chicken Caesar Salad 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 for snack.
- D - [Sweet & Spicy Stir-fry](#) with Cider Pop to drink (E)

Sunday:

- B - [Peanut Butter Shake](#) (S)
- L - Deli ham on a low-carb tortilla with lettuce, cheddar cheese, mustard and mayo with strawberries and fresh vegetables on the side with water to drink (S)
- S - leftover Cottage Berry Whip with water to drink (FP)
- D - [Lentil Soup for the Soul](#) with Cider Pop to drink (E)