

Meal Plan: 3/21-3/27/16

darciesdish.com

Monday:

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

L - Just Like Campbell's Tomato Soup with water to drink (S) pg. 112 in the [new THM cookbook](#)

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

D - Taco Salad with cheddar cheese, sour cream water to drink (S) ***Use [this recipe](#) for taco seasoning. I'm making 2# of ground beef so we can have leftovers for lunch.

Tuesday:

B - 0% Plain Greek Yogurt with mashed strawberries sweetened with [THM Super Sweet Blend](#) and 1/4 c. blueberries mixed in with water to drink (E)

L - leftover taco salad with Cider Pop to drink (S)

S - celery with peanut butter and water to drink (S)

D - [White Chicken Lasagna](#) served over zucchini noodles (over whole wheat pasta for my kids) with water to drink (S) ***To make the zucchini noodles you will need a [veggie spiralizer](#).

Wednesday:

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

L - [2 Bean Zucchini Salad](#) with blueberries on the side with water to drink (E) *I'm going to substitute black beans for the kidney beans and substituting 4 t. of [THM Super Sweet Blend](#) for the stevia powder. Also, this makes 8 servings so I will eat it 3 days for lunch and my kids I'm sure will have some too.

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

D - Out for my son's birthday

Thursday:

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

L - leftover 2 Bean Zucchini Salad with blueberries on the side with Cider Pop to drink (E)

S - [Cottage Berry Whip](#) with water to drink (FP) ***Making a double batch and putting the other half in the freezer for snack for Friday.

D - [Sweet & Spicy Stir-fry](#) with Cider Pop to drink (E) ***I'm using frozen broccoli instead of fresh.

Friday:

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

L - leftover 2 Bean Zucchini Salad with blueberries on the side with Cider Pop to drink (E)

S - leftover Cottage Berry Whip (FP)

D - Pizza Casserole with fresh veggies and [Cherry Cola Zevia](#) to drink (S) pg. 327 in the [old THM book](#)

Saturday:

B - [Go Bananas! Shake](#) (E) *I'm substituting 1 tsp. of peanut butter for the peanut flour.

L - out

S - celery with peanut butter with Cider Pop to drink (S)

D - Grilled Chicken with [Crunchy & Tangy Bacon Coleslaw](#) and steamed broccoli with water to drink (S)

**I'm using frozen broccoli

Sunday:

B - [Strawberry Lemon Green Smoothie](#) (FP)

L - Easter Meal - ham, [roasted vegetables](#), green beans with butter and salad with Ranch dressing with water to drink (S)

S - 1 oz cheddar cheese and fresh veggies with Cider Pop to drink (S)

D - leftovers from lunch with water to drink (S)