

# Meal Plan: 4/4-4/10/16

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## Monday:

B - Vanilla Dannon 000 Yogurt with an apple and cinnamon mixed in with [Sweet & Spicy tea](#) to drink (E)  
L - Chicken Caesar Salad with water to drink (S)  
S - (2) Light Rye Wasa Crackers with a wedge of Light Laughing Cow Cheese with [Cider Pop](#) to drink (FP)  
D - [Chicken Lo Mein](#) with water to drink (E) \*\*\*I add frozen peas and double the amount of the recipe to make enough for my family of 6. Also, use Dreamfield's pasta or [Not Naughty Noodles](#) in place of the whole wheat pasta.

## Tuesday:

B - [Peanut Butter Milkshake](#) (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](#)  
S - (2) pieces of Peanutty Fudge with [GGMS](#) to drink (S) pg. 388 in the NEW THM Cookbook \*\*\*You can get peanut flour [here](#).  
D - [Sour Cream Beef Enchiladas](#) with romaine lettuce on the side with water to drink (S) \*\*\*This makes 2 full meals for my family of 6.

## Wednesday:

B - Creamy Key Lime Shake (S) pg. 408 in the NEW THM Cookbook  
L - leftover Sour Cream Beef Enchilada with romaine lettuce on the side with Cider Pop to drink (S)  
S - (2) pieces of leftover Peanutty Fudge with water to drink (S)  
D - [Fiesta Quinoa Chicken Skillet](#) with lettuce on the side with water to drink (E)

## Thursday:

B - (2) scrambled eggs cooked in coconut oil with (2) pieces of bacon and Sweet & Spicy tea to drink (S)  
L - Chicken Caesar Salad with water to drink (S)  
S - (2) pieces of leftover Peanutty Fudge with water to drink (S)  
D - Lazy Lasagna with steamed broccoli on the side with Cider Pop to drink (S) pg. 140 in the NEW THM Cookbook \*\*\*I'm going to steam frozen broccoli. This will make 2 full meals for my family of 6. If you have a smaller family you may want to cut it in half.

## Friday:

B - Vanilla Dannon 000 Yogurt with an apple and cinnamon mixed in with water to drink (E)  
L - leftover Lazy Lasagna with water to drink (S)  
S - (2) pieces of leftover of Peanutty Fudge with Cider Pop to drink (S)  
D - Pizza Casserole with fresh veggies on the side and a [Zevia Ginger Root Beer](#) to drink (S) pg. 327 in the [OLD THM book](#)

## Saturday:

B - (2) scrambled eggs cooked in coconut oil with (2) pieces of bacon and Sweet & Spicy tea to drink (S)  
L - out  
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 - [Marinated Steak](#) with [Roasted Vegetables](#) and green beans with Cider Pop to drink (S) \*\*\*I will be roasting a half head of cauliflower, head of broccoli, 2 carrots and an onion.

## Sunday:

B - [Strawberry Grapefruit Smoothie](#) (E)  
L - [Hearty Two Bean and Lentil Chili](#) with fresh veggies on the side and water to drink (E)  
S - leftover Cottage Berry Whip (FP)  
D - leftovers from the week, most likely will be Lazy Lasagna for me (S)