

# Meal Plan: 4/11-4/17/16

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## Monday:

B - Vanilla Dannon 000 Greek Yogurt with a diced apple and cinnamon mixed in with [Sweet & Spicy tea](#) to drink (E)

L - Chicken Caesar Salad with water to drink (S) \*\*\*I use Ken's Caesar Dressing

S - (2) [Peanut Butter Cups](#) with [Cider Pop](#) to drink (S) \*\*\*This makes a batch of 12 so I will be eating this all week for a snack. Store them in the freezer for best results.

D - Spaghetti Zoodles with Meat Sauce and steamed frozen broccoli with water to drink (S) \*\*\*I use [this gadget](#) to make my zucchini noodles. My family eats theirs over whole wheat pasta, that is not reflected on the shopping list, however.

## Tuesday:

B - [Thin Mint Shake](#) (S)

L - Just Like Cambell's Tomato Soup with fresh veggies on the side and water to drink (S) pg. 112 in the [NEW THM Cookbook](#)

S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)

D - Loaded Spaghetti Squash Casserole with a side salad and water to drink (S) pg. 138 in the NEW THM Cookbook

## Wednesday:

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

L - leftover Loaded Spaghetti Squash Casserole with water to drink (S)

S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)

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

## Thursday:

B - Sweet Dreams Cookie Bowl Oatmeal with Sweet & Spicy tea to drink (FP) pg. 249 in the NEW THM Cookbook

L - (3) Romaine Lettuce leaves filled with ham, mayo, mustard, cheddar cheese and sliced avocado with strawberries on the side and water to drink (S)

S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)

D - Lentil Soup with water to drink (E) pg. 89 in the NEW THM Cookbook. \*\*\*I'm adding 1 lb. of boneless, skinless chicken breasts to the soup.

## Friday:

B - Luscious Lemon Cake with water to drink (S) pg. 289 in the NEW THM Cookbook \*\*\*This recipe calls for [Baking Blend](#). If you do not have any, you can always make your own using [this recipe](#).

L - leftover Lentil Soup with water to drink (E)

S - (2) leftover Peanut Butter Cups with Cider Pop to drink (S)

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

## Saturday:

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

L - out

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

D - [Texas Chicken Tortilla Soup](#) with water to drink (S)

## Sunday:

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

L - leftover Texas Chicken Tortilla Soup with water to drink (S)

S - handful of almonds and 1 oz. cheddar cheese with Cider Pop to drink (S)

D - [Slow Cooker Italian Beef & Cabbage](#) with a side salad and water to drink (S)