

# Meal Plan: 4/18-4/24/16

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## Monday:

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

L - Salad with (2) hard-boiled eggs, feta cheese and [Dijon Balsamic Vinaigrette](#) with water to drink (S)

S - cheese stick and small handful of almonds with [Cider Pop](#) to drink (S)

D - [Slow Cooker Italian Beef & Cabbage](#) with green beans and butter with water to drink (S)

## Tuesday:

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

L - [Colorful Lentil Salad](#) with a can of drained and diced chicken mixed in with water to drink (E)

S - (2) [Peanut Butter Cups](#) with Cider Pop to drink (S)

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

## Wednesday:

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

L - leftover Colorful Lentil Salad with water (E)

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

D - grilled chicken with [Spinach Casserole](#) and water to drink (S)

## Thursday:

B - (2) scrambled eggs with strawberries on the side and Winter Wonderland Sip to drink (S) pg. 405 in the [NEW THM Cookbook](#)

L - leftover Colorful Lentil Salad with water (E)

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

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

## Friday:

B - Strawberry Big Boy Smoothie (FP) pg. 414 in the NEW THM Cookbook. \*\*\*I'm omitting the Sunflower Lecithin and Integral Collagen because I don't have any on hand.

L - Just Like Campbell's Tomato Soup with fresh vegetables on the side with water to drink (S) pg. 112 NEW THM Cookbook

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

D - Pizza Casserole with fresh vegetables with [Cola Zevia](#) to drink (S) pg. 327 in the [OLD THM book](#)

## Saturday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet Blend](#) with Sweet & Spicy tea to drink (S)

L - out

S - (2) leftover peanut butter cups with Cider Pop to drink (S)

D - [Garbanzo Bean Soup](#) with water to drink (E)

## Sunday:

B - 1/2 c. 0% Plain Greek Yogurt mixed with an apple, 1 t. THM Super Sweet Blend and cinnamon with water to drink (E)

L - Grilled Burgers with [Debbie's Tangy Broccoli and Spinach Salad](#) and steamed green beans on the side with water to drink (S)

S - cheese stick and a small handful of almonds with Cider Pop to drink (S)

D - Gathering with some friends and I was asked to bring a veggie tray and will [Mrs. Criddle's French Onion Dip](#) to go along with it (S)