

# Meal Plan: 4/25-5/1/16

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## Monday:

B - (2) scrambled eggs cooked in coconut oil with water to drink (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](#) or pg. 292 in the [OLD THM book](#)

S - (3) Pay Off Day Candies with water to drink (S) pg. 381 in the [NEW THM cookbook](#)

D - [Sweet & Spicy Stir-fry](#) with water to drink (E)

## Tuesday:

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

L - [Sriracha Egg Salad](#) with fresh veggies and [Cider Pop](#) to drink (S) \*\*\*I'm doing 4 eggs (so multiply the ingredients by 4) and it will make enough for a full lunch for two days.

S - (3) leftover Pay Off Day Candies with water to drink (S)

D - Lentil Soup with water to drink (E) pg. 89 in the [NEW THM cookbook](#)

## Wednesday:

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

L - leftover Sriracha Egg Salad with fresh veggies and Cider Pop to drink (S)

S - (3) leftover Pay Off Day Candies with water to drink (S)

D - [Southwest Chicken in a Crock Pot](#) with water to drink (E)

## Thursday:

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

L - Loaded Potato Soup with fresh veggies on the side and Cider Pop to drink (S) pg. 117 in the [NEW THM cookbook](#) or pg. 294 in the OLD THM book

S - (3) Pay Off Day Candies with water to drink (S)

D - [Mexican Stuffed Peppers](#) with water to drink (E)

## Friday:

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

L - Salad with (2) hard-boiled eggs dressed with olive oil and red wine vinegar and water to drink (S)

S - small handful of almonds and a few strawberries with Cider Pop to drink (S)

D - Pizza Casserole with fresh veggies on the side and a [Bai5 Bubbles Grapefruit](#) 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 - out

S - cheese stick and small handful of almonds with water to drink (S)

D - Taco Salad made with ground beef and [taco seasoning](#), sour cream, lettuce and cheddar cheese with [Black Cherry Zevia](#) to drink (S)

## Sunday:

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

L - Trim Zuppa Toscana Soup with water to drink (S) pg. 86 in the [NEW THM cookbook](#). I'm cutting the recipe in half.

S - [Cottage Berry Whip](#) with water to drink (FP)

D - leftovers