

Meal Plan: 5/2-5/8/16

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Monday:

B - 0% Greek Yogurt sweetened to taste with [THM Super Sweet Blend](#) & 2 T. of peanut butter mixed in with water to drink (S)

L - Loaded Potato Soup with water to drink (S) pg. 117 in the [NEW THM cookbook](#)

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

D - Spaghetti with Meat Sauce and a side salad with Ranch with water to drink (S) **I made [zucchini noodles](#) in place of regular noodles. 1 1/2 medium zucchini is the perfect amount for me. The rest of my family ate whole wheat noodles. You can use store-bought sauce, just make sure it has NO added sugar.

Tuesday:

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

L - Waldorf Cottage Cheese Salad with water to drink (E) pg. 190 in the [NEW THM cookbook](#) or pg. 300 in the [OLD THM book](#)

S - leftover Cottage Berry Whip with water to drink (FP)

D - [Zesty Salsa Chicken & Black Bean Casserole](#) and steamed broccoli with Cider Pop to drink (E)

Wednesday:

B - Lemon Fat Stripping Frappa (FP) pg. 419 in the [NEW THM cookbook](#)

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

S - leftover Fat Stripping Frappa from breakfast (FP)

D - Awana Awards dinner (trying for an S, if I can't do that, then I will grab a salad at home afterward)

Thursday:

B - 0% Plain Greek Yogurt mixed with [THM Super Sweet Blend](#) an apple and cinnamon to taste with water to drink (E)

L - [Very Berry Salad with Dijon Balsamic Vinaigrette](#) with Cider Pop to drink (S) ***This is enough to make four lunches

S - 1 oz. cheddar cheese and a small handful of almonds with water to drink (S)

D - [Crock Pot Barbacoa Beef](#) served over Romaine lettuce with a dollop of sour cream with Cider Pop to drink (S)

Friday:

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

L - leftover Very Berry Salad with Dijon Balsamic Vinaigrette with Cider Pop to drink (S)

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

D - [Pizza Casserole](#) in the crockpot with fresh veggies on the side and [Professor Fizz Honest Fizz pop](#) to drink (S) ***pg. 327 in the OLD THM book

Saturday:

B - [Cheddar, Bacon & Veggie Frittata](#) with Sweet & Spicy Tea to drink (S)

L - leftover Very Berry Salad with Dijon Balsamic Vinaigrette with water to drink (S)

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

D - out

Sunday:

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

L - leftover [Very Berry Salad with Dijon Balsamic Vinaigrette](#) with Cider Pop to drink (S)

S - 2 cups air-popped popcorn and 1/2 c. cottage cheese with water to drink (E)

D - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)