

Meal Plan: 5/9-5/15/16

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Monday:

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

L - Salad with hard-boiled egg and Ranch dressing with water to drink (S)

S - (3) Pay Off Day Candies (S) pg. 381 in the [NEW THM Cookbook](#)

D - Taco salad with sour cream, cheddar cheese and [Cider Pop](#) to drink (S) ***Use [this recipe](#) for your taco seasoning

Tuesday:

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

L - Loaded Potato Soup with strawberries on the side with Cider Pop to drink (S) pg. 117 in the [NEW THM Cookbook](#). I like to top my soup with cheddar cheese.

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

D - Spaghetti with Meat Sauce with a small side salad and leftover Ranch dressing with water to drink (S)

***I will be using [zucchini noodles](#) as my pasta and the rest of my family will be eating whole wheat pasta.

Wednesday:

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

L - leftover Spaghetti with Meat Sauce with fresh veggies on the side and Cider Pop to drink (S)

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

D - [Dirt-E-Rice](#) with water to drink (E)

Thursday:

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

L - leftover Dirt-E-Rice with a small side salad with red wine vinegar and Cider Pop to drink (E)

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

D - Grilled steak (my kids will eat beef hot dogs) with [Easy Zucchini Noodles](#) and buttered green beans with water to drink (S) ***I'm making a double batch of the Easy Zucchini Noodles.

Friday:

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

L - [High Protein Mediterranean Salad](#) with strawberries on the side with Cider Pop to drink (E) ***This will feed my whole family and leave enough leftover for me to have for lunch for two days. I don't have flax oil so I'm using all olive oil.

S - [Peanut Butter Whip](#) with water to drink (S)

D - Pizza Casserole with fresh veggies on the side with [Orange Honest Fizz](#) to drink (S) pg. 327 in the [old THM book](#)

Saturday:

B - [Raspberry Smoothie](#) with one scrambled egg (S)

L - leftover High Protein Mediterranean Salad with water to drink (E)

S - celery with peanut butter with Cider Pop to drink (S)

D - out

Sunday:

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

L - leftover High Protein Mediterranean Salad with Cider Pop to drink (E)

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

D - "[Spanish Rice](#)" Quinoa with black beans on the side served on top of lettuce with water to drink (E)