

Meal Plan: 6/6-6/12/16

darciesdish.com

Monday:

B - [Refreshing Fruity Shake](#) (E)

L - Egg Salad with fresh veggies on the side with [Cider Pop](#) to drink (S) ***To make the egg salad, I used (2) hard-boiled eggs and mixed it with 1 T. mayo and 1 t. yellow mustard and added a dash of salt and pepper.

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

D - Cowboy Grub with water to drink (E) pg. 59 in the [NEW THM Cookbook](#) ***I'm going to cut the recipe in half, and that will still leave enough leftovers for me to have lunch tomorrow.

Tuesday:

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

L - leftover Cowboy Grub with fresh veggies and water to drink (E)

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

D - Cabb & Saus Skillet and a side salad with Ranch with water to drink (S) pg. 58 in the [NEW THM Cookbook](#)

Wednesday:

B - [Cottage Banana Whip](#) with [Sweet & Spicy tea](#) to drink (E)

L - leftover Cabb & Saus Skillet with water to drink (S)

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

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

Thursday:

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

L - Egg Salad with fresh veggies on the side and Cider Pop to drink (S) ***See Monday's lunch for instructions.

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

D - "Spaghetti" with Meat Sauce and a side salad with Ranch and water to drink (S) ***My family will eat regular pasta, but I will be having zucchini noodles made with this [cool gadget called a Troadle](#). 1-2 medium zucchini is enough to fill me up.

Friday:

B - Strawberry Cheesecake Shake (S) pg. 412 in the [NEW THM Cookbook](#)

L - Big salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing on top with water to drink (S)

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

D - Pizza Casserole with fresh veggies on the side with [Grapefruit Bai Bubbles](#) to drink (S) pg. 327 in the [OLD THM Book](#)

Saturday:

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

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

S - [Cottage Berry Whip](#) with Cider Pop to drink (FP) ***I'm making a double batch and will eat the rest for snack tomorrow.

D - out

Sunday:

B - [Refreshing Fruity Shake](#) (E)

L - [Colorful Lentil Salad](#) with 1 lb. grilled boneless, skinless chicken breasts added in with water to drink (E)

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

D - [Taco Salad](#) with cheddar cheese, sour cream and salsa on top with water to drink (S)