

Meal Plan: 6/13-6/19/17

darciesdish.com

Monday:

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

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

S - 1/2 c. 1% cottage cheese with strawberries on the side with [Cider Pop](#) to drink (FP)

D - [Chicken Fajita Salads](#) topped with cheddar cheese and sour cream with water to drink (S) ***This will make enough for me to have leftovers for two lunches.

Tuesday:

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

L - leftover Chicken Fajita Salad with [Cider Pop](#) to drink (S)

S - celery with 2 T. peanut butter and water to drink (S)

D - [White Chicken Lasagna](#) served over zucchini noodles (over whole wheat pasta for my kids) with water to drink (S) ***I'm making this in the crockpot. Very delicious and makes for less heat in the house. To make the zucchini noodles you will need a veggie spiralizer. This is a great [spiralizer](#).

Wednesday:

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

L - leftover Chicken Fajita Salad with [Cider Pop](#) to drink (S)

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

D - [Slow Cooker Italian Beef & Cabbage](#) and a small side salad with Ranch with water to drink (S)

Thursday:

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

L - [2 Bean Zucchini Salad](#) with water to drink (E) *I'm going to substitute black beans for the kidney beans and substituting 4 t. of [THM Super Sweet Blend](#) for the stevia powder. Also, this makes 8 servings so I will eat it 3 days for lunch and my kids I'm sure will have some too.

S - celery with 2 T. peanut butter with [Cider Pop](#) to drink (S)

D - [Italian White Bean & Spinach Soup](#) with water to drink (E)

Friday:

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

L - leftover 2 Bean Zucchini Salad with water to drink (E)

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

D - Pizza Casserole with fresh veggies on the side with [Blue Sky Root Beer](#) to drink (S) pg. 327 in the [OLD THM book](#)

Saturday:

B - [Go Bananas Shake!](#) (E)

L - leftover 2 Bean Zucchini Salad with water to drink (E)

S - 1 oz. cheddar cheese with fresh veggies and [Cider Pop](#) to drink (S)

D - We will be attending a wedding, so hooray for no cooking!!!!

Sunday:

B - [Snickers Hot Chocolate](#) (S) ***I will actually be drinking this cold, but it's great either way.

L - Out

S - string cheese with some deli ham slices with [Cider Pop](#) to drink (S)

D - [Cheesy Burger Soup](#) and a side salad with Ranch with water to drink (S)