

Meal Plan: 6/20-6/26/10

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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 - Fruity Blend Yogurt with water to drink (E) pg. 251 in the [OLD THM book](#)

D - Taco salad with pico de gallo, sour cream, cheddar cheese with [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](#)

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

D - Spaghetti with Meat Sauce with a small side salad and leftover Ranch dressing (from Monday) 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 - [Cottage Berry Whip](#) with water to drink (FP) *I'm making a double batch of this and will use the other half for snack tomorrow. Just throw it in the freezer and pull it out about 10 minutes before you want to eat it.

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

Thursday:

B - Apple Cinnamon Yogurt Swirl with Sweet & Spicy tea to drink (E) pg. 250 in the OLD THM Book

L - [Very Berry Salad](#) with Cider Pop to drink (S) ***When I make this salad I dress each portion individually so that I can eat the leftover the next day. If you dress it and then let it sit overnight in the fridge like that, it will be mushy and gross the next day.

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

D - Grilled steak (my kids will eat hot dogs) with [Easy Zucchini Noodles](#) and buttered green beans with [Black Cherry Zevia](#) 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 - leftover Very Berry Salad with water to drink (S)

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

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

Saturday:

B - [Raspberry Smoothie](#) with one scrambled egg (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 tomorrow. I don't have flax oil so I'm using all olive oil.

S - celery with peanut butter with water 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 - Fruity Blend Yogurt with water to drink (E) pg. 251 in the OLD THM book

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