

Meal Plan: 7/4-7/10/16

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Monday:

- B - (2) scrambled eggs and (2) pieces of bacon with water to drink (S)
- L - Big Salad with hard-boiled egg, cheddar cheese and [Ranch dressing](#) with water to drink (S)
- S - [Cottage Berry Whip](#) with water to drink (FP) ***I made a double batch and put half in the freezer for snack tomorrow.
- D - Grilled Chicken with [zucchini noodles](#) and fresh cut up veggies dipped in Ranch with [Cider Pop](#) to drink (S)

Tuesday:

- B - 1/2 c. plain 0% Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet Blend](#) with water to drink (S)
- L - Waldorf Cottage Cheese Salad with Cider Pop to drink (E) pg. 190 in the [NEW THM Cookbook](#)
- S - leftover Cottage Berry Whip with water to drink (FP)
- D - "Spaghetti" with Meat Sauce and steamed broccoli with water to drink (S) ***I use 1 medium [zucchini for the noodles](#) for myself, and the rest of my family eats it over whole wheat pasta.

Wednesday:

- B - (2) scrambled eggs and (2) pieces of bacon with [Sweet & Spicy tea](#) to drink (S)
- L - Just Like Campbell's Tomato Soup with fresh strawberries on the side with Cider Pop to drink (S) pg. 112 in the [NEW THM Cookbook](#)
- S - 0% Plain Greek Yogurt sweetened with 1 t. of [THM Sweet Blend](#) and 2 T. of peanut butter mixed in with water to drink (S)
- D - Cabbage Rolls with green beans and butter with water to drink (S) pg. 312 in the [OLD THM Book](#) ***This will be almost enough for two full meals for my family

Thursday:

- B - [Peanut Butter Milkshake](#) (S)
- L - leftover Cabbage Rolls and green beans with Cider Pop to drink (S) *This will feed me and my 4 kids for lunch.
- S - 1/2 c. 0% Plain Greek Yogurt mixed with 1 t. [THM Super Sweet Blend](#) and 1/3 c. blueberries with water to drink (FP)
- D - Taco Salad topped with cheddar, sour cream and [enchilada sauce](#) with [Grapefruit Bai5 Bubbles](#) to drink (S)

Friday:

- B - [Thin Mint Shake](#) (S)
- L - Loaded Potato Soup with strawberries on the side with Cider Pop to drink (S) pg. 117 in the NEW THM Cookbook
- S - 1/2 c. 0% Plain Greek Yogurt mixed with 1 t. THM Super Sweet Blend, an apple and cinnamon with water to drink (E)
- D - Pizza Casserole with fresh veggies on the side with [Black Cherry Bai5 Bubbles](#) to drink (S) pg. 327 in the OLD THM Book *I only use 1lb. of ground beef

Saturday:

- B - (2) scrambled eggs and (2) pieces of bacon with water to drink (S) ***This will feed my family of 6.
- L - Grilled burgers and hot dogs (without a bun for me), [No Pasta Salad](#), cut up veggies and [No Bake Blueberry Cheesecake Bars](#) with Black Cherry Zevia to drink (S) *This will feed my family of 6 and then some.
- S - leftover No Bake Blueberry Cheesecake Bar with water to drink (S)
- D - leftovers from lunch (S)

Sunday:

- B - 1/2 c. 0% Plain Greek Yogurt mixed with 1 t. THM Super Sweet Blend and strawberries and 1/4 c. blueberries with water to drink (E)
- L - out
- S - leftover No Bake Blueberry Cheesecake Bar with water to drink (S)
- D - Big Salad with hard-boiled egg, cheddar cheese and Ranch dressing with Cider Pop to drink (S)