

Meal Plan: 7/18-7/24/16

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Monday:

B - (2) scrambled eggs cooked in coconut oil with (2) pieces of bacon and strawberries on the side with water to drink (S)

L - Waldorf Cottage Cheese Salad with [Cider Pop](#) to drink (E) pg. 190 in the [NEW THM Cookbook](#)

S - (3) Pay Off Day Candies with water to drink mixed with a True Lemon Packet (S) pg. 381 in the NEW THM Cookbook

D - [Egg Roll in a Bowl](#) with water to drink (S)

Tuesday:

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

L - Quinoa Salad with water to drink (E) pg. 232 in the [NEW THM Cookbook](#) ***I'm making a half batch of this and will eat it for 3 days for lunch.

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

D - Spaghetti with meat sauce served over zucchini noodles and a small side salad with Ranch dressing with water to drink mixed with a True Lemon Packet (S) ***I use [this gadget](#) to make my zucchini noodles. Also, my kids will still eat theirs over regular pasta, but that is not reflected on the shopping list.

Wednesday:

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 - leftover Quinoa salad with Cider pop to drink (E)

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

D - [Chicken Fajita](#) Wet Burritos with lettuce and sour cream on the side with water to drink (S) ***I use this [enchilada sauce](#) over top of a low-carb tortilla to make the wet burrito.

Thursday:

B - 1/2 c. plain 0% Greek Yogurt mixed with a diced apple, cinnamon and 1 t. [THM Super Sweet blend](#) with water to drink (E)

L - leftover Quinoa Salad with water to drink (E)

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

D - [Sweet & Spicy Stir-fry](#) served over brown rice with water to drink (E)

Friday:

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

L - Salad with (2) hard-boiled eggs, cheddar cheese and Ranch dressing with water to drink (S)

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

D - Pizza Casserole with fresh veggies on the side with [Jamaican Blood Orange Bai5 Bubbles](#) to drink (S) pg. 327 in the [OLD THM book](#)

Saturday:

B - (2) scrambled eggs cooked in coconut oil and (2) pieces of bacon with strawberries on the side with water to

drink (S)

L - out

S - 1/2 c. plain 0% Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet blend](#) and Cider Pop to drink (S)

D - [Simply Delicious Marinated chicken breasts](#) with [Mediterranean Pasta Salad](#) and steamed broccoli with butter and water to drink (S)

Sunday:

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

L - leftover marinated chicken mixed into leftover Mediterranean Pasta Salad with water to drink (S)

S - [Cottage Berry Whip](#) (FP)

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with lettuce on the side and Cider Pop to drink (E) ***I'm going to omit the chicken and add an extra can of black beans.