

Meal Plan: 8/1-8/7/16

darciesdish.com

Monday:

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

L - Deli ham on a low-carb tortilla with mustard, mayo and lettuce with fresh veggies on the side with [Cider Pop](#) to drink (S)

S - cheese stick and small handful of almonds with water to drink (S)

D - Burgers on the grill (no bun), [roasted cauliflower, broccoli, onion and red pepper](#), small side salad with [Italian Vinaigrette Dressing](#) with water to drink (S)

Tuesday:

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

L - salad with sunflower seeds, Feta cheese and leftover Italian Vinaigrette Dressing with water to drink (S)

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

D - Cab and Saus Skillet with broccoli on the side with Cider Pop to drink (S) pg. 58 in the [THM Cookbook](#)

Wednesday:

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

L - leftover Cab and Saus skillet with strawberries on the side with Cider Pop to drink (S)

S - [Cottage Berry Whip](#) with water to drink (FP) *I'm making a double batch and will eat the other half for snack tomorrow. Store it in the freezer and take it out of the freezer about 10 minutes before you want to eat it.

D - out

Thursday:

B - [Pumpkin Pie Shake](#) (S)

L - Deli ham on a low-carb tortilla with mustard, mayo and lettuce with strawberries on the side with water to drink (S)

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

D - [Mama's 3 Bean Chicken Chili](#) in the crock pot with Cider Pop to drink (E)

Friday:

B - (2) scrambled eggs with cheddar cheese, green peppers and onions mixed in with [Sweet & Spicy tea](#) to drink (S)

L - leftover Mama's 3 Bean Chicken Chili with water to drink (E)

S - 1/2 c. 0% Plain Greek Yogurt mixed with 1/2 c. blueberries and 1 t. [THM Sweet Blend](#) with water to drink (E)

D - [Pizza Casserole](#) in the crockpot with fresh veggies on the side and [Grape Zevia](#) to drink (S)

Saturday:

B - (2) [Pumpkin Muffins](#) with [Sweet & Spicy tea](#) to drink (S)

L - [High Protein Mediterranean Salad](#) with water to drink (E) ***This salad is HUGE! It can feed my family of 6 easily for two meals. I'm adding one cooked and diced boneless, skinless chicken breast to it as well. I don't have any flax oil so I will be using all olive oil instead.

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

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

Sunday:

B - (2) leftover Pumpkin Muffins with water to drink (S)

L - leftover High Protein Mediterranean Salad with Cider Pop to drink (E)

S - 1/2 c. 2 % cottage cheese and strawberries with water to drink (FP)

D - Salad topped with deli ham, cheddar cheese and Ranch dressing with water to drink (S)