

# Meal Plan: 8/8/-8/14/16

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## Monday:

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

L - Salad with (2) hard-boiled eggs and Ranch Dressing with water to drink (S)

S - 1 oz. cheddar cheese with small handful of almonds with [Cider Pop](#) to drink (S)

D - Grilled Steak with [Pan Roasted Brussel Sprouts](#) and grilled zucchini seasoned with olive oil with salt & pepper with water to drink (S)

## Tuesday:

B - 0% Plain Greek Yogurt mixed with 2 T. peanut butter and 1 t. [THM Super Sweet Blend](#) with [Sweet & Spicy tea](#) to drink (S)

L - [Easy Zucchini Noodles for One](#) with a bit of leftover steak and strawberries on the side with water to drink (S)

\*\*\*Use [this tool](#) to make the zucchini noodles.

S - [Cottage Berry Whip](#) with water to drink (FP) \*\*\*I'm making a double batch and eating the rest for snack tomorrow. Just pull it out of the freezer about 7-10 minutes before you want to eat it.

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with lettuce on the side with Cider Pop to drink (E)

## Wednesday:

B - (2) eggs scrambled with (2) pieces of bacon with [Sweet & Spicy tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with strawberries on the side with water to drink (S) pg. 112 in the [Trim Healthy Mama Cookbook](#)

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

D - Grilled [Teriyaki Marinated Chicken Breasts](#) with 1/2 c. quinoa and steamed broccoli with Cider Pop to drink (E)

## Thursday:

B - [Blueberry Cheesecake Protein Shake](#) (E)

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

S - 1 oz. cheddar cheese with handful of almonds and water to drink (S)

D - [Jalapeno Chicken Bacon Chowder](#) with Cider Pop to drink (S)

## Friday:

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

L - leftover Jalapeno Chicken Bacon Chowder 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 [Black Cherry Zevia](#) to drink (S) pg. 327 in the [OLD THM book](#)

## Saturday:

B - 0% Plain Greek Yogurt mixed with 2 T. of peanut butter and 1 t. of [THM Super Sweet](#) (or sweetener of your choice) with water to drink (S)

L - Taco Salad topped with cheddar cheese, sour cream and onion with [Black Cherry Zevia](#) to drink (S) \*\*\*Save a buck and reduce additives by making your own [taco seasoning](#).

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

D - @ a friend's house for dinner and I'll be bringing a big salad to share

**Sunday:**

B - 0% Plain Greek Yogurt mixed with 1/2 c. blueberries and 1 t. [THM Super Sweet](#) with [Sweet & Spicy tea](#) to drink (E)

L - Out ~ We'll be eating at Qdoba and I'm getting a burrito bowl with brown rice, chicken, fajita veggies, pico de gallo, salsa verde, their hot salsa (can't remember the name) and lettuce. I split this with my son, otherwise, it's WAY too much food. (E)

S - string cheese with small handful of almonds with Cider Pop to drink (S)

D - [Creamy Broccoli Soup](#) with water to drink (S)