

Meal Plan: 8/22-8/28/16

darciesdish.com

Monday:

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

L - Just Like Campbell's Tomato Soup with fresh veggies on the side and [Cider Pop](#) to drink (S) pg. 112 in the [THM Cookbook](#)

S - (3) Pay Off Day Candies with water to drink (S) pg. 381 in the [THM Cookbook](#)

D - Cowboy Grub with water to drink (E) pg. 59 in the [THM Cookbook](#) ***This makes a HUGE meal. This is enough for my family to have two complete meals.

Tuesday:

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

L - leftover Cowboy Grub with water to drink (E)

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

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

Wednesday:

B - (2) scrambled eggs cooked in coconut oil with strawberries on the side with Sweet & Spicy tea to drink (S)

L - [Hearty Two Bean and Lentil Chili](#) with water to drink (E) ***This is enough to serve my whole family.

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

D - Taco Salads - [ground beef](#) on lettuce topped with cheddar cheese, sour cream and salsa with water to drink (S) ***My kids and husband will have black beans on their salads to make the meat stretch further, this is reflected on the shopping list. I am just having meat.

Thursday:

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

L - [Easy Zucchini Noodles for One](#) topped with a half can of drained chicken breast with fresh veggies on the side and water to drink (S) ***I use [this gadget](#) to make the zucchini noodles.

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

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

Friday:

B - Nana's Fluffy Omelet with strawberries on the side and water to drink (S) pg. 239 in the [THM Cookbook](#)

L - Salad topped with half can of drained chicken breast, cheddar cheese and Ranch dressing with water to drink (S)

S - 1/2 c. 1% cottage cheese with fresh veggies on the side with water to drink (FP)

D - Pizza Casserole with Cider Pop to drink (S) pg. 327 in the [OLD THM Book](#)

Saturday:

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

L - Loaded Potato Soup topped with cheddar cheese with water to drink (S) pg. 117 in the [THM Cookbook](#) ***Making a double batch and will eat the rest tomorrow for lunch.

S - [Cottage Berry Whip](#) with Cider Pop to drink (FP)

D - [Sweet & Spicy Stir-fry](#) served over brown rice with water to drink (E) ***I'm using frozen broccoli,

cauliflower, bell peppers and peas for the veggies.

Sunday:

B - (2) scrambled eggs cooked coconut oil with strawberries on the side and Sweet & Spicy tea to drink (S)

L - leftover Loaded Potato Soup with water to drink (S)

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

D - [Zesty Salsa Chicken & Black Bean Casserole](#) with Cider Pop to drink (E) ***I'm adding another can of black beans in place of the chicken breasts.