

# Meal Plan: 8/29-9/4/16

darciesdish.com

## Monday:

B - [Frosted Strawberry Limeade](#) (S)

L - (3) hard-boiled eggs mixed with 2 T. mayo and 1 t. mustard, salt and pepper with fresh veggies on the side and water to drink (S)

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

D - Steak Fajita Salads - [marinated steak](#), lettuce, cheddar cheese, sour cream, fajita peppers and onions and [pico de gallo](#) with [Cider Pop](#) to drink (S)

## Tuesday:

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

L - leftover Steak Fajita salad with water to drink (S)

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

D - [Slow Cooker Chicken & Quinoa Chili](#) with Cider Pop to drink (E)

## Wednesday:

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

L - Quinoa Salad topped with canned and drained chicken breast with water to drink (E) pg. 232 in the [THM Cookbook](#). This salad is HUGE, so I'm cutting it in half and eating it for lunch for 3 days.

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

D - Spaghetti with meat sauce and a side salad with Ranch dressing with water to drink (S) \*\*\*I will be using zucchini noodles for my spaghetti. I use [this gadget](#) to make them.

## Thursday:

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

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

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

D - Cajun Cream Chicken with steamed frozen broccoli and green beans with water to drink (S) pg. 36 in the [THM Cookbook](#) \*\*\*I'm going to use chicken thighs and cut the recipe in half.

## Friday:

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

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

S - Winter Wonderland Sip (served cold) with a handful of almonds (S) pg. 405 in the [THM Cookbook](#)

D - Perfect Pizza with fresh veggies on the side with [Blue Sky Free Cherry Vanilla Cream](#) to drink (S) pg. 211 in the THM Cookbook. \*\*\*You can purchase [THM Baking Blend here](#)

## Saturday:

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

L - out

S - 1/2 c. 1% cottage cheese and fresh veggies with Cider Pop to drink (FP)

D - [Beefy & Cheesy Low-Carb Green Chile Bake](#) with a side salad with Ranch dressing and water to drink (S)

## Sunday:

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

L - [Hearty Two Bean and Lentil Chili](#) with water to drink (E)

S - [Snickers Hot Chocolate](#) (S) \*\*\*I'm actually going to serve this cold over ice.

D - leftover Beefy & Cheesy Low-Carb Green Chile Bake with a side salad with Ranch and Cider Pop to drink (S)