

# Meal Plan: 9/5-9/11/16

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## Monday:

B - (2) scrambled eggs cooked in butter and topped with cheddar cheese with strawberries on the side and water to drink (S)

L - [Very Berry Salad](#) with Loaded Potato Soup on the side with water to drink (S) pg. 117 in the [THM Cookbook](#); I'm sharing the salad with a couple of my kids

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

D - [Sweet & Spicy Stir-fry](#) with [Cider Pop](#) to drink (E)

## Tuesday:

B - Apple Cinnamon Swirl Muffin with water to drink (E) pg. 280 in the THM Cookbook; You can get [Baking Blend](#) [here](#)

L - [High Protein Mediterranean Salad](#) with strawberries on the side and Cider Pop to drink (E) \*\*\*This salad is HUGE! I'm making a half batch and it will be enough for my whole family to eat for lunch. I don't have flax oil, so I will be using all olive oil.

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

D - [Barbacoa Beef](#) over lettuce and topped with sour cream and cheddar cheese with water to drink (S)

## Wednesday:

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

L - leftover Barbacoa Beef over lettuce and topped with sour cream and cheddar cheese with water to drink (S)

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

D - [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side with water to drink (S) \*\*\*I'll be heating up frozen broccoli

## Thursday:

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

L - leftover Italian Beef & Cabbage with a small side salad dressed with Ranch and water to drink (S)

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

D - [Crock Pot Spinach Lasagna](#) with green beans on the side and water to drink (S) \*\*\*I'm using frozen green beans for the side dish.

## Friday:

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

L - leftover Crock Pot Spinach Lasagna and a small side salad dressed with Ranch with water to drink (S)

S - celery with peanut butter and a small handful of almonds with Cider Pop to drink (S)

D - Pizza Casserole and fresh veggies on the side with [Black Cherry Bai5 Bubbles](#) to drink (S) pg. 327 in the [old THM Book](#)

## Saturday:

B - [Cheddar, Bacon and Veggie Frittata](#) with water to drink (S) \*\*\*This will feed my whole family.

L - out

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

D - Trim Zuppa Toscana with water to drink (S) pg. 86 in the [THM Cookbook](#) \*\*\*I'm going to cut the recipe in half

## Sunday:

B - [Berry Lemon Shake](#) (FP)

L - leftover Trim Zuppa Toscana with water to drink (S)

S - celery with (2) wedges of Light Laughing Cow Cheese and Lemon Lime Trim Pop (FP) pg. 443 in the [THM Cookbook](#)

D - variety of leftovers from the week